FOUR FREE PATTERNS ARE PRESENTED WITH THIS NUMBER.

MYRA'S JOURNAL

MAR. 1910. 3D

Vol. XXXVII. No. 3.

THE LEADER OF FASHION

Two complete Costumes for a Lady; a Shirt Blouse; Child's Garment;

Can be Cut from Our Four Free Patterns.

1. **Five-gore Tailor Skirt.**
2. **Adaptable Russian Over-Blouse.**
3. **Shirt Blouse with American Yoke.**
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All these beautiful designs CAN BE CUT FROM OUR FOUR FREE PATTERNS

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No. 8040.—BRIDGE OR DINNER GOWN.

For Description see Pages 30 to 36.

Price of Paper Patterns, 1s. 6d.; *Foundation Skirt*, 6½d., *post free, of* MADAME MYRA, 10 *and* 11, *Fetter Lane, E.C.*

Myra's Journal.

MARCH, 1910.

PROFUSELY ILLUSTRATED.

Early Spring Fashions.

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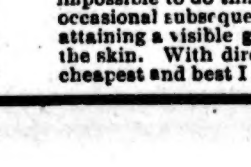

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Extract from POSTAL TOILET LIST.

[New and greatly enlarged edition, with chapters on the care of the hair and complexion, &c., and many new preparations, will be sent by return of post, on receipt of address.] Also illustrated pamphlet on Face Massage and the Care of the Complexion, and Mr. Mason's New Book on the Hair, and his new Toilet Hints, may be had gratis.

PHILIP H. MASON, Pharmaceutical Chemist, 25, BANK PLAIN, NORWICH.

IMPORTANT NOTICE.—All Articles in this List admit of Postal Transit, and will be delivered free per post in Great Britain at the prices marked, secure from observation, and carefully packed, on receipt of P.O.

JABORANDI HAIR TONIC.—Prepared from selected South American Jaborandi Leaves. Highly recommended by medical authority as a hitherto unapproachable stimulant to rapid growth of hair. Used not only to prevent the hair falling, but to stop advance of greyness and induce vigorous secretion of the natural colouring pigment. 3s. 6d., 10s. 6d.

PETROLATE OF SULPHUR.—For promoting the growth of the Hair, and for preventing greyness. A new compound, which not only promotes the growth of the Hair, but also largely increases the formation of its colouring pigment. Its use has the effect of nourishing the Hair and increasing its growth, and also of improving its colour, preventing the increase of greyness, and removing that already existing. Price 2s. 6d.

The effect of this, used in combination with the Jaborandi Tonic, has recently been found *most remarkably successful*. A lady writes: "To arrest the greyness I applied the Petrolate of Sulphur regularly every night, rubbing it well into roots of hair, while in the morning I applied the Jaborandi Hair Tonic with a soft tooth-brush. I am most pleased to tell you that after one month of this treatment, all the greyness has gone, completely."

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JANSIA DRY SHAMPOO.—A Powder for Cleansing the Hair and making it bright and glossy. Specially prepared for moist, greasy hair, which it cleanses thoroughly, and also permanently reduces its excessive greasiness. As a result of this, the management and dressing of the hair are much easier, the hair stands out more, the coils look richer and fuller and the hair becomes beautifully bright and glossy. A little patience is required to remove the powder from the hair, and full directions for this are given on each box, but the effects are so gratifying that they well repay the trouble, and after a few applications the hair becomes so much drier that the removal of the powder is then much easier. The Venetian ladies, who are universally celebrated for the beauty of their hair, use the Dry Shampoo to the exclusion of all other methods of cleansing the hair. Price 2s.

BLOOM OF STEPHANOTIS.—An exquisite creamy white skin and complexion powder. It imparts a beautiful natural whiteness and youthful softness and delicacy to the skin. The painful "flushing" of the face, brownness of the neck and arms, undue redness of the face and hands, are obviated by one application. For personal appearance at Court, the Ball, or Concert it is indispensable; it represses the unpleasantness of sensible perspiration and its disagreeable accompaniments. Travellers and residents in warm climates will find it invaluable. It so entirely prevents the discolouring action of the sun on the skin that freckles are almost unknown to those who use it. In polished apple wood case, with toilet puff, 3s. 6d.

"For my own part, I am in the habit of recommending Mr. Mason's Stephanotis Face Powder, because I trust him, and know that he is moderate in his charges and honest in quality."—Anna Kingsford, M.D.

CREAM OF STEPHANOTIS.—A liquid form of the celebrated Bloom of Stephanotis (see above), which possesses all the admirable qualities of the Powder, with the additional advantages of being adhesive, though imperceptible, and most refreshing in application. Cleansing and beneficial to the skin, it forms the most desirable and effective Skin Lotion, its action being both preservative and protective. For evening wear, outdoor exercise and motoring it is largely and successfully used, as it is found effective for preventing redness and brownness of the skin, and for imparting a dainty delicacy to the face, neck and arms.

EMULSINE OF CUCUMBERS.—Dr. Anna Kingsford's Formula. Thin, 3s. 6d. and 10s. 6d.; Thick, 3s. 6d. and 10s. 6d. The Thick Emulsine is especially intended for the prevention of wrinkles, and is also highly recommended for winter use, while the Thin Emulsine is adapted for whitening the complexion, and for summer use. Prepared from the pulp of the ripe fruit, both preparations possess remarkable protective powers against the ill effects of exposure to sun and wind. A perfect substitute for soap. Travellers will find the Emulsine indispensable.

DEPILATORY (POWDER).—Mr. Mason is continually asked by ladies for a Depilatory which will, in one application, not only remove existing superfluous hair, but prevent its reappearance. He wishes clearly to state that it is impossible to do this. All that can be done is to remove the hair, after which an occasional subsequent application on the surface of the skin will prevent it from attaining a visible growth. The above preparation will do this without injury to the skin. With directions, 2s. per bottle. "Mr. Mason's Depilatory is at once the cheapest and best I know of."—Anna Kingsford, M.D.

NEWS FROM FASHION CENTRES.

FROM

Vienna, Paris, &c.

THE success of the short Russian coat is assured for the spring. It only divides favours with the Russian over-blouse—a very pretty and easily made garment which is belted at the waist, and can be cut with long basques (like a coat), and with a coat sleeve, or as a real over-blouse, the shortened basque under the skirt, the sleeve shortened to show the blouse sleeve. The greater part of these Russian coats and blouses are cut low in the neck—a smooth oval shape or a pretty square. The advantage of this low neck is obvious—it is most cool on warmer spring days, yet should cold winds blow, a feather or fur boa covers the exposed part. Everybody will have one of these models, which are in enormous request in Paris and Vienna. Many are superbly braided.

For typical examples of the two styles, two models in this number should be studied—No. 2, page 27; our Free Patterns for this month (see page 25). No. 2 looks exquisite in white serge, trimmed with white silk braid. Of course, these little Russian coatees should be of the same material as the skirt.

As the spring advances the Russian coat over-blouse will be made of linen, finished with stitched straps, coarse yak lace, or embroidery. If made in double-width linen, fronts and back will be cut in a single piece. In some models, the side-piece is dispensed with, and there is only the one seam under the arm. In still another variety, the whole thing is in one piece—sleeve included, the sleeve being drawn into a deep cuff. Then only a muslin chemisette need be worn beneath the over-blouse on hot days.

As the spring advances, we shall see a variety of very dainty little bolero coats, to wear with skirt to match. Some are very prettily braided, and are slit up at the sides, to give greater ease and coolness, and to afford space for braided corners. A very choice little specimen will be found on page 7. Similar boleros will be seen for lingerie gowns—especially for Irish linen, embroidered or trimmed with lace, later in the year.

In Paris some enterprising dressmakers are cutting the princess top of frocks in the "Mediæval" or fisher-wife type in Jersey cloth. The Jersey material is, exceedingly fine, and being very elastic fits the figure excellently with very few seams and little trouble in fitting. The low square neck is braided, and so is the edge of the princess top, just where the pleated flounce is added. The flounce is generally of a cloth or cashmere, matching exactly in colour.

No. 8941.—GIRL'S RUSSIAN COAT.

For Description see Pages 30 to 36.

Price of Paper Pattern, 6½*d.*, *post free*, *of* MADAME MYRA, 10 *and* 11, *Fetter Lane*, *E.C.*

The sleeve is changing gradually into much larger proportions. In the transition period a great many short sleeves are rucked, to avoid any suspicion of the flatness which has disappeared. For the present, however, all sleeves but very tight ones are quite wearable. Sleeves cut in one with the bodice are just a little loose, to avoid too much flatness at the shoulder. The elbow puff is noticeable.

The blouses are really very pretty. The dressy ones are chiefly in satin and crêpe, in white, or the daintiest colours. The white blouse remains chief favourite. A great many of the dressier blouses are cut in one with the little loose sleeve, a tight tucked sleeve being worn beneath it. These, perhaps, are prettiest in lace, because the absence of a seam on shoulder and armhole prevents thickening of the fabric or spoiling of the pattern. Of course, the lace must be carefully chosen, as in this style reversing of the fabric is unavoidable either in front or at back. Reversible scrolls, spots, &c., should be selected. The same style makes up very prettily in the glossy foulards which promise to have such a success this year.

For the present the lingerie gowns of princess type are almost a replica of last year's; but it is a little early to invest in cottons and muslins, and therefore we shall see plenty of change presently. These early gowns are really brought out for those passing the early spring in more genial climes than ours. The great *couturiers* of the rue de la Paix are turning out exquisite examples for their exclusive clients, and they are veritable works of art.

The new straws for the spring hats are very attractive, and are marvellously light. Coloured straws will be supreme until the lingerie hats come in.

FOUR FREE PAPER PATTERNS. NEARLY 100 DRESS AND MILLINERY DESIGNS.

How to Renovate a Directoire Gown.

For Illustration see this Page.

So many people find that the very tight Directoire style—tight in the skirt, tight in the sleeve—does not suit them, that they take advantage of the new tendency to more flow of skirt, more looseness of sleeve. In the case of new gowns there is such a variety of styles to choose from just now, that nobody need wear a type of dress they dislike. But there are many women who own a quite fresh frock of the tight type which offers several features they approve, and yet which they want to alter into the newer, more "free," style.

The pretty tunic gown, No. 8942, has been evolved from a very tight dress of fine, elastic face cloth in a pale heliotrope tint. The skirt crossed over, to match with the double-breasted bodice which closed right up to the shoulder. The sleeve was the one usual tight, long sleeve of tucked cloth.

The tight skirt was raised a little at the waist, so as to give more freedom from waist to knee. The lower edge was cut away in a graceful line, so that a pretty cloth tunic was evolved, much longer at the back. The edge was braided in fine black silk braid, and cut jet buttons were introduced to close down skirt lap. A new foundation skirt was provided, trained, the lower part covered with heliotrope velveteen. A new braided belt was made out of the cloth waste, to lengthen the too short waist line.

As to the bodice, the sleeves were unpicked; part of the neck was cut away, and an open bodice with one revers thus evolved. The revers was faced with the cloth, this, the open neck, and armhole being braided. A band of velvet was inserted to fill in partly the open neck, and a lace chemisette with band collar, completed the top renovation.

A fuller sleeve of velveteen was mounted on the old lining, finished with a braided band. Lace lower sleeves, to match the chemisette, were introduced, and a very successful renovation was completed.

This idea of turning a skirt into a tunic is advisable in the case of pale evening gowns of satin in which the lower part has been soiled. It is always advisable (in turning a skirt into a tunic) to lift the old skirt a little, as a tunic must always be less close-fitting than the skirt beneath it.

MYRA'S EMBROIDERY TRANSFERS.

These excellent full-size Transfers of Embroidery designs which we publish monthly are mostly printed in BLUE. For dark materials, instead of "ironing off" the design on the fabric, tack the transfer in place and work OVER it, tearing away the paper when the embroidery is completed. Some braiding transfers are in yellow.

Madame Myra only keeps the transfers of embroideries specially prepared for the Free Patterns. When the transfer for the embroidery is to be had, the price, &c., is ALWAYS written beneath the illustration.

No. 8942.—A RENOVATED DIRECTOIRE GOWN.

For Description see this page.

Price of Paper Patterns, Skirt, Tunic, Blouse, each 6½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

No. 8943

No. 8944

TWO SMART EXAMPLES OF CHARMING SPRING COATS-AND-SKIRTS.

For Descriptions see Pages 30 to 36.

Price of Paper Patterns, Pleated Skirts each 1s. 0½d.; *Coats, each* 6½d., *post free, of* MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

EMPLOYMENTS FOR LADIES

TEACHING THE DEAF.

By Winifred Jones.

To those who love children, who love teaching also, who are patient and persevering, who understand the combinative of kindness and firmness, teaching the deaf is a profession to be commended. By the pure oral method the deaf are taught to use their eyes instead of their ears, and to imitate what they see on the lips of others. They begin by learning to recognise, and to produce themselves, all the sounds which go to make up the English language, and then to combine these sounds into words, and the words into sentences, and so on.

It is a slower process, it must be a slower process than the teaching of the ordinary child, but, as in a way, the deaf child is more dependent on the teacher than the child with normal hearing, so the tie that binds them to each other is closer. They are frequently very bright and very anxious to get on, and desirous of penetrating the isolative in which their lack of hearing has perforce placed them. It is very interesting work, but it is essential that the would-be teacher should have not only a thoroughly good English education, but that she should be by nature equipped for a task which calls for the best qualities of teaching in a superabundant degree.

Training.—There are two training colleges for teachers of the deaf. Both train on the Pure Oral System. One is at 11, Fitzroy Square, London, W., and the other is at 47, Eaton Rise, Ealing, W. Both prepare for the Joint Examination Board for Teachers of the Deaf, the examination of which is held annually in July, certificates being granted to those who pass. The minimum course at either college is two years. "There is no special difficulty," says Miss Hewitt, in the "Fingerpost," in the training; it needs, of course, as any other kind of training needs, common sense, intelligence, and application. The course deals specially with the peculiar conditions and requirements of the education of the deaf, their mental development and instruction in ordinary subjects; it is carried on by means of lectures and supervised practical teaching. At the college at Fitzroy Square all students are non-resident. The course of training consists of:—(*a*) Observational study of the methods of highly-qualified class teachers; (*b*) Daily, practical work in the various classes of the school under the supervision of the class teachers, each class being treated in turn month by month; (*c*) Giving "Criticism" lessons to classes of deaf pupils in the presence of the Director; (*d*) Attending lectures in education, school management, physiology and hygiene, psychology, history of deaf-mute education, the teaching of language, and the principles and practice of oralism; (*e*) Working through a systematised course of study. Certain parts of each day are set apart for private study; (*f*) Visiting other deaf schools to watch the classes at work and to study the methods employed.

Students have free use of all the books in the library, and of all necessary apparatus.

The minimum qualification for admission to the colleges is the Certificate of the Senior Oxford or Cambridge Examination, or its equivalent. The cost of training is 25 guineas for the full course of two years. Students are admitted in September, but a course of eighteen months, commencing in January, may be arranged at a fee of 20 guineas.

A preliminary examination has to be passed unless a certificate from certain examining bodies is held. Such certificates include: The Oxford and Cambridge Senior Local Examination, the Oxford or Cambridge Higher Local Examination, the Higher Certificate of the Oxford or Cambridge Schools Examination Board, the College of Preceptors 1st Class Certificate, the College of Preceptors Examination for the Diploma of Associate, the Scotch Leaving Certificate, the Irish Intermediate Examination (Senior Grade), the King's Scholarship or Preliminary Examination, &c. The fees for the students are £50 per annum, inclusive of tuition, board and lodging. The fees for a student entering for two years are £50 the first and £40 the second year. Out-students' fees are £35 per annum.

No. 8945. Tailor Design for Striped Material.
For Description see pages 30 *to* 36.
Price of Paper Patterns, Skirt or Coat, each 6½*d., post free, of* Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

Practical Experience.—A school for deaf children has been conducted by the society to provide opportunities for practical teaching for the students, and in-students are required to assist in the care and domestic management of the children in the Practising School out of school hours at the discretion of the Principal. Students also have the advantage of some of the London County Council Deaf Schools for their training in practical teaching. The organisation of the school has been based upon that of the best German schools, the teaching being strictly on the Pure Oral System, and signs and the manual alphabet having been rigorously excluded. The instruction, indeed, approximates as nearly as possible to that of hearing children. The Pure Oral System also aids health, as it develops proper breathing power, and its social importance may be gauged from a report on blind and deaf schools by the late Mr. King, H.M. Senior Chief Inspector. "If the deaf," he says, "can acquire these arts" (speech and lip-reading) "they are no longer secluded from general society, but can mix freely with their fellow creatures.

Prospects of Teachers of the Deaf.—In the Colonies there are many openings; "at the present time, teaching on the Pure Oral System is one of the few branches of women's work that are not overcrowded, the demand for trained teachers being in excess of the supply." There is employment in institutions and schools; in deaf classes under the London County and Provincial Councils; in private families; in giving lessons in lip-reading to adults who have become deaf. The salaries are, approximately, as follows:—"It may be of interest to add that since the foundation of the Joint Examination Board for Teachers of the Deaf, a student of this college has headed the list of successful candidates at each examination that has been held. At the examination held last July, the four students presented by this college gained the 1st, 2nd, 4th and 5th places respectively on the pass list. No student presented by this college has yet failed to pass her examination."

At the College at Ealing, the subjects of instruction are:—"The History of the Education of the Deaf," "the Principles of Education generally, including their special application to the Deaf, and Elementary Psychology, the Mechanism of Speech, and the Method of Teaching Articulation"; "the Method of Teaching Languages to the Deaf." "Anatomy and Physiology of the Organs of Respiration, Circulation and Speech, the Ear, the Nervous System."

This college is wholly undenominational, and is recognised by the Board of Education as a place at which students from the ordinary training colleges, who are allowed a third year's training on the ground of exceptional merit, will be allowed to study specially for work in schools for the deaf. It is also recognised by the London County Council as a place for the training of those students in the Council's Training Colleges who have completed the two year course and who hold the Council's Scholarships offered for Training Teachers of the Deaf.

In London County Council schools, non-resident, from £80 to £125, rising by annual increments of £3; in institutions, from £40 to £75 per annum, with board, lodging, laundry, and usually medical attendance; in private families, from £40 with board, lodging, and laundry; in council schools in the provinces, from £75, non-resident.

Taking these salaries into consideration, and the fact that employment is practically certain, who will deny that to the woman who loves teaching this profession has not much to commend from both a practical and a philanthropic point of view?

"I have taught myself dressmaking from your very valuable paper."—A. R. W.

No. 8946

No. 8947

A "UTILITY" COAT-AND-SKIRT AND A PRETTY TAILOR GOWN WITH NEW RUSSIAN COAT.

For Descriptions see Pages 30 to 36.

Price of Paper Patterns, Skirts, Coats, Fonndation Skirts, each 6½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

GRAPHOLOGY DELINEATIONS.

By EDITH O'SHEA.

All letters must be sent to "Graphologist," Myra's Journal Office, 10 & 11, Fetter Lane, E.C.

(1) To be delineated in these columns, *specimens of handwriting* must be received on or before the 25th of the month.

(2) Delineations will be given free if inserted in these columns. Readers desiring detailed postal replies must forward six penny stamps and a stamped addressed envelope, but in either case the coupon cut from the current number must accompany *every* letter.

(3) Letters must consist of not less than 100 words, copied matter and lined paper being inadmissible. The usual signature must always be given, but a nom de-plume is also required for printed replies.

Anxiety.—Your writing shows much intuition and perception. You will find your first opinion of things is generally correct, and you are a good judge of character as well. You are reserved, but certainly wanting in determination and resolution of will. You are original in your ideas, and have much veneration for the high principles of life. You are very tidy and orderly in all things, and a lover of beauty. Should be fond of music.

A Northumbrian.—Much originality is shown by this specimen, and he should possess great powers of eloquence and dramatic ability. He is an interesting speaker, and has the great gift of seeing the humorous side of life. Highly honourable, kind-hearted, yet with plenty of fighting pluck and courage he should be a successful man. The signature shows extreme originality and fluency of ideas, high ideals, and an ardent and impulsive nature.

Edith.—Your writing shows great activity of mind, and your thoughts and ideas flow so quickly that your writing cannot always keep pace with them. You are self-reliant, yet at times you would be swayed by the opinions of others. Generally reserved, you can be confidential to those friends you really care about. You object as a rule to showing your real feelings. You are ardent and warm-hearted by nature, but can be very painstaking over all your work, and very tidy. Honourable and generous, and beautiful things would strongly appeal to you. Fairly cautious and intentive.

"Hopeong," or What Looks Like It.—Your multitude of questions is, I must say, against all rules, but I will answer you what I can. You are straightforward, but can be reticent when it pleases you. You are careful, and economical, and cautious. I do not think you would trust people without thoroughly knowing them. You are apt to be unreasonable and impatient. I cannot tell you your future except by palmistry. Yes, love of music and reading are shown, refinement and religious tendencies. Yes, one can certainly overcome restlessness if you are *determined* to. Remember, "you can make of yourself what you will if you try." You are highly strung by nature, energetic, and like the admiration of the opposite sex.

Homebird.—Your writing shows you to be very active and you should be fond of outdoor life. At times you are likely to be slightly depressed and also hesitate in decisions, you are somewhat mistrustful of yourself. You are a good judge of character and do not often make a mistake in your first opinions concerning people. You are patient and persevering, but your will power is not always sufficient. Although you would do well in following out your own opinions, you are often swayed by others, following theirs instead. Also as you have asked me for your faults you are a little too economical, but of course there is no need to go to the other extreme. You have also good imagination.

Grey Hair.—Many thanks for your interesting letter. I have often been through the New Forest but have never actually stayed there. It is delightful, even what little I have seen of it. Clearness of ideas, quickness and energy are revealed by this specimen. You are kindhearted, fond of your fellow-creatures, and the beauty of nature in all her many moods would always strongly appeal to you. Also a lover of animals, and should be able to do much with them. You have a very sensitive nature, and are apt to feel things keenly, although you do not always like to let people know it. High ideals and tenacity of purpose are also shown. Sometimes the temper is a little quick. Fairly cautious, not likely to run into any new affairs without due consideration.

For other answers on this subject, see page 42.

No. 8948 No. 8949

Two Dainty Spring Shirt Blouses.

For Descriptions see Pages 30 to 36.

Price of Paper Patterns, each 6½d., post free, of Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

No. 8950.—A Capital House Dress.

For Descriptions see Pages 30 *to* 36.

Price of Paper Patterns, Skirt or Blouse, each 6½d., post free, of Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

No. 8951 No. 8952

No. 8953 No. 8954

PRETTY EXAMPLES OF THE SPRING BLOUSES.

For Descriptions see Pages 30 to 36.

Price of Paper Patterns, each 6½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

Girl's Russian Golf Coat.

The knitted coats are more in favour than ever. Starting from the jerseys for the young children, rendered so popular by the patronage of the young Prince Olaf, the fashion for warmth and comfort jumped to the grown-ups, and for a couple of years has held the field as the most practical garment, not only for sports and holiday wear, but as a morning coat, light and elastic, the very conception of health, comfort and hygiene.

One part of the community, however, had been left out, and although boys enjoyed the football sweater and running jersey, girls seemed to have been forgotten by Dame Fashion where these useful knitted coats are concerned. Lately, however, the omission has been rectified, and girls are now clamouring for golfing and hockey coats, which will be found absolutely invaluable when the sea-side holiday season comes in.

Our pretty model has been specially designed for our readers, and is simple of execution, and effective in shape and design.

The wool required is a matter of taste, but the quality should be studied on account of possible shrinking, Viyella yarn being an excellent unshrinkable medium.

Begin at the back, and cast 132 stitches on bone needles (about No. 11 will do), make a rib of knit 1, purl 1 for three rows, then begin the pattern, which consists of the following eight rows—knit one row plain. Second row: knit 1, purl 1, knit 1, purl 1, knit 1, purl 6. Third row: knit 6, purl 1, knit 1, purl 1, knit 1, purl 1. Fourth row: knit 1, purl 1, knit 1, purl 1, knit 1, purl 6. Fifth row: plain knitting. Sixth row: knit 1, purl 1, knit 1, purl 1, knit 1, knit 6. Seventh row: purl 6, purl 1, knit 1, purl 1, knit 1, purl 1. Eighth row: knit 1, purl 1, knit 1, purl 1, knit 1, knit 6.

Knit twenty-three patterns, then cast off eleven stitches at each end of the needle for under-arm, then work forty-four more rows, taking off one stitch at each end every fourth row for the arm-hole. Continue to work in pattern, decreasing one stitch at each end every other row until there are 58 stitches on the needle for the neck; then cast off.

For the left side cast 120 stitches on the bone needles, and make a rib like the back of knit 1, purl 1, for three rows; then begin the pattern, bnt do the last 10 stitches on the front end of the needle in plain knitting, and keep this all the way up the coat to the neck. Start the first row of pattern plain knitting at the front and work towards under-arm. Work twenty-three pattern decreasing one stitch in the first row every second pattern, which will bring the knitting to the arm-hole, and there should be 11 stitches decreased off. Cast off 14 stitches at the arm-hole end, and from here knit seventy-two rows in pattern, decreasing one stitch every fourth row at the arm-hole end, but when the forty-eighth row is reached in knitting towards the front leave the last 33 stitches unworked and slip them on to another needle. Turn, and knit towards under-arm, then on the next row when the front is reached decrease by knitting two stitches together. Continue working this way until there are only thirty-four stitches left for the shoulder, and cast off.

Take up the 33 stitches left on the spare needle and work in pattern—knitting two stitches together at the inside end of the needle until there are 22 stitches on the needle, then cast off.

The right side is worked like the left, but as this pattern forms a wrong and

Girl's Russian Golf Coat.

right side, care must be taken not to get both fronts for the same side, therefore the under-arm decreasings and the front of the coat must be on the reverse end of the needle to the left front. When knitting the right front start the first row of pattern plain knitting from under-arm, and work towards front. On this side the button-holes are made in the 10 plain stitches at the edge and are eventually covered by a long strip of plain knitting to match the belt.

Start the button-holes in the thirty-second row as follows:—Knit 2 stitches in the band, cast off 5, knit 3 in the band, then 3 stitches of the pattern, and cast off 5 more; work 30 more stitches in pattern, and cast off 5 stitches again for the second row of buttons. In the next row cast on 5 stitches exactly over the place where the 5 were cast off on previous row. Make holes in this way as far apart as desired according to the number of buttons.

For the sleeve cast 66 stitches on the bone needles, work in pattern, and increase 1 stitch on every second row at each end of the needle until there 124 stitches; then add 9 stitches on each end of the needle, 142 stitches altogether. From here knit eight patterns, decreasing 1 stitch each end every fourth row; there will then be 110 stitches. Decrease 1 stitch on each end of the first row for nine patterns, when there will be 92 stitches left.

Change on to the steel needles for the cuff, and knit 1, purl 1, for 32 stitches, then knit 2 together fourteen times, and knit 1, purl 1, for 32 stitches again. Continue to knit 1 and purl 1 for a depth of 4 inches.

Stitch up the sides of the sleeves, and form the top of the pleats to fit the armhole, or gather them in.

For the collar, cast 130 stitches on the steel needles, and measure to see that it is long enough to fit round the neck; knit a depth of 6½ inches of knit 1, purl 1; cast off, and sew to the coat.

To make the belt, cast 12 stitches on the No. 11 needles, and knit 142 rows of plain knitting, making a buttonhole (as previously instructed for the front) in about the third row from the end.

The long strip at the side from the shoulder to the edge is done in exactly the same way, knitting plain until the desired length has been attained. This is then stitched on one side to cover buttonholes.

Personal Appearance.

HOW TO MAKE IT MORE ATTRACTIVE.

By Mistress Anne Page.

THE CARE OF THE HAIR IN SPRING-TIME.

IT is quite easy to understand why the hair falls out in the autumn, when the leaves wither and fall from the trees, and all Nature is preparing to go to sleep for a space; but why it should come out as it does, in so many cases, in the spring-time, when life in everything in Nature is being renewed is altogether another matter.

With fashionable people in society, who spend their days and nights in pleasures that unduly excite the nervous system and are fatiguing alike to brain and body, the re-action, of which excessive hair-fall is only one of many symptoms, is comprehensible; but for the others who have gone steadily on, doing their usual work by day, and taking only moderate, simple and homely pleasures in their evenings, the reason of the hair-fall can only be found in the enervation that so many people, even the young ones, experience during February and March, and which gives them colds, influenza, neuralgia, and other signs of lack of nerve-tone then, usually including a serious loss of hair.

"I like Myra's the best of all English, French or German papers '—Mme. P. T., Budapest.

No. 8955 No. 8956 No. 8957 No. 8958

No. 8959 No. 8960

PRETTY COATS AND COSTUMES FOR GIRLS AND BOYS.

For Descriptions see Pages 30 to 36.

Price of Paper Patterns, Pleated Skirt, Coats, or Frock, each 6½*d., post free, of* MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

No. 8961

No. 8962

TWO PRETTY VISITING GOWNS.

For Descriptions see Pages 30 to 36.

Price of Paper Patterns, Pleated Skirt, 1*s.* 0½*d.; Long Coat,* 9½*d.; Short Coat,* 6½*d., post free, of* Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

Now the condition of the hair depends mainly on the nerve-force and the blood-circulation, and these are dependent upon one another. When the nervous system is enfeebled the continuous circulation of rich blood to the tissues, including those at the roots of the hair, is interfered with, and this is one of the primary causes of loss of hair. The first thing to do then, at this time of the year, is to supply to the blood the additional nutriment that it requires, and an easily assimilable form of this is found in the Hæmoglobin Perles, of which Mr. Mason, 25, Bank Plain, Norwich, sends a box post free for 2s. 9d. These form a most valuable tonic for the whole system, increasing the number of life-giving red corpuscles in the blood, improving its circulation to all parts of the body, giving a healthy appetite for food, and at the same time aiding its digestion, and so removing depression and enervation and renewing strength in the whole system. This, naturally, is bound to have a good effect on the hair, the state of which soon improves when a course of these Perles is being taken. This tonic is especially useful, too, in cases where there is any noticeable tendency to anæmia, neuralgia, or dyspepsia.

In addition to this the hair requires special outward treatment in spring-time. It should not be washed too often with water, but it can be kept quite bright and clean by means of a good hair-powder (such as the Jansia Dry Shampoo, of which the above Mr. Mason supplies a box containing sufficient for several shampoos for 2s.) sprayed on and through it once a week, and then all brushed out again. No water nor any other liquid is to be used with this powder, which is composed of ingredients that are all beneficial to hair and scalp, and is guaranteed to be perfectly harmless.

The circulation in the scalp is also much improved and the hair growth benefited by five minutes nightly head-massage with the finger tips. Medical hair specialists tell us that this massage is done to the best advantage immediately after the application of a suitable hair tonic. The suitability depends on several things; for example, if the hair, by reason of serious loss of nerve-tone is greasy, lank, and falling, "Sutton's Tonic Lotion," supplied for 3s. 6d. by the above Mr. Mason, is invaluable. A few drops of this rubbed nightly into partings made in all directions on the head will soon result in a fine crop of new and much more attractive and manageable hair. On the other hand, where the hair is dry, harsh, brittle, split and fading, Mason's Petrolate of Sulphur (2s. 6d., from the same place) should be used every night.

The massage is done in this way:—After rubbing in the tonic, stroke the head all over with the fingers; then place the thumbs on the forehead, just above the eyes, push the fingers through the hair, and gently tap the scalp with them as if playing the piano. Next place the thumbs on the bumpy part behind the ears, and after pushing the fingers up through the hair, stroke gently downwards from the crown of the head until the finger tips join the thumbs behind the ears. Put the thumbs in the nape of the neck, and stroke downwards with the fingers in the same way. But clearly illustrated directions that are most helpful are given in a book called "The Hair: Its Care and Preservation," a copy of which will be sent free of further charge to any of our readers who ask Mr. Mason for it when they send to him for any of the above nerve and hair tonics for the care of their hair in spring-time.

No. 8963.—A Russian Coat and Pleated Skirt.

For Description see Pages 30 to 33.

Price of Paper Patterns, Skirt, 1s. 0½d.; Coat, 6½d. post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 8964 No. 8965

A LOVELY DRAPED DINNER GOWN AND A DANCE FROCK.

For Descriptions see Pages 30 to 36.

Price of Paper Patterns, Princess Tunics, each 1s. 0½*d.; Under-dresses, each* 1s. 0½*d., post free, from* MADAME MYRA. 10 *and* 11, *Fetter Lane, E.C.*

No. 8966

No. 8967

DEBUTANTE'S DANCE FROCK AND AN "ADAPTABLE" GOWN.

For Descriptions see Pages 30 to 36.

Price of Paper Patterns, Skirts, Foundation Skirts, Bodices, each 6½d.; Detachable Vest and Sleeve, 3½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

No. 8968.—Lovely Draped Princess Gown.

No. 8969.—Evening Blouse made out of Sale Remnants.

No. 8970.—Charming Tea Coat.

For Descriptions see pages 30 to 36.

Price of Paper Patterns, Princess Gown, Overdress or Underdress, each 1*s.* 0½*d.*: *Blouse or Coat, each* 6½*d., post free, of* Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

No. 8971 No. 8972

TWO BEAUTIFUL TEA OR BRIDGE GOWNS.

For Descriptions see Pages 30 to 36.

Price of Paper Patterns, Over-dresses or Under-dresses, each 1s. 0½d., *post free, of* MADAME MYRA, 10 *and* 11, *Fetter Lane, E.C.*

No. 8978.—VISITING GOWN WITH EMBROIDERED COAT.

For Descriptions see Pages 30 to 36.

Price of Paper Patterns, Coat, 9½d.; Skirt, 6½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

No. 8974

No. 8975 No. 8976

CHARMING SPRING MILLINERY.

For Descriptions see Pages 30 to 36.

No. 8977 No. 8978 No. 8979

A TAILOR COSTUME AND TWO GOWNS SHOWING THE NEW OVER-BLOUSES.

For Descriptions see Pages 30 to 36.

Price of Paper Patterns, Skirts, Foundation Skirts, Coat, Over-Blouses, each 6½d., post free, from MADAME MYRA, 1 *and* 11, *Fetter Lane, E.C.*

No. 8980 No. 8981 No. 8982

SPRING TAILOR COSTUMES AND A HANDSOME PRINCESS GOWN.

For Descriptions see Pages 30 to 36.

Price of Paper Patterns, Princess Tunic, Under-Dress, or Pleated Skirt, each 1s. 0½d.; *Skirt or Coats, each* 6½d., *post free, of* MADAME MYRA, 10 *and* 11, *Fetter Lane, E.C.*

DESCRIPTIONS OF THE FREE PATTERNS.

[NOTE.—Our Free Patterns, presented with each number, are always cut *stock size* for ladies: Skirts (from *natural* waist), 40in., front length (except for trottoir, when length is only 38in.); waist measurement (skirts, coats, blouses, &c.), 24in. Children's patterns are cut the recognised stock size for the ages quoted in the description. *No* turnings are given.]

A FIVE-GORE TAILOR SKIRT.

A PRETTY and smart model, elegantly braided in an easily arranged style. This skirt, and its accompanying coat, looks well in one of the new spring cloths or serges. For charming patterns send to the Bradford Manufacturing Company, Bradford. Their new all-wool suiting, "Floreta" is very attractive, durable, and of most moderate price—only 2s. 3d. the yard (42 inches wide).

The pattern is in three pieces: half the narrow tablier, one side, one back. The narrowness of the tablier is to be noted, a new cut, accentuated by the smart braiding lines.

The diagram shows the pattern pieces laid on 3½ yards 54-inch material, which is doubled in half (selvedges meeting), front centre of tablier laid along the fold. If cloth is used, a non-reversible material, another half yard must be added. For narrower materials, small corners will have to be added at skirt back, seamed up the selvedges. The braid hides the seams.

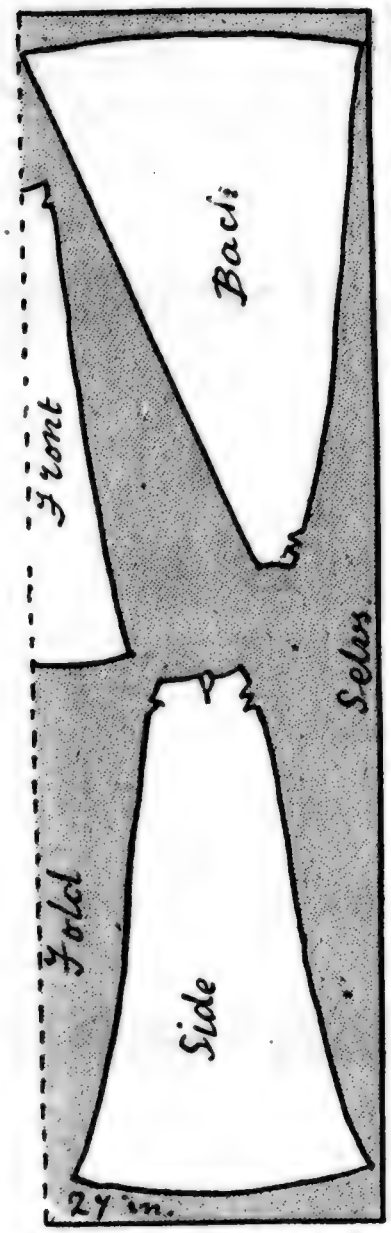

DIAGRAM OF FREE SKIRT PATTERN.

Tack the pieces together according to the notches, leaving the opening in left tablier seam. Try on. Stitch and press the five seams. Braid the skirt, tacking pieces of lino beneath the braid, so as not to pucker the cloth. Wide fancy silk braid is used, black, or matching the material colour. Line the skirt. Turn up the hem interlined with lino, and fell invisibly. Press the hem well with a hot iron and wet woollen cloth. Stitch a fly lap into side edge of opening. Put Newey's Spring Hooks under the tablier edge, and put "Neweye" bars over the fly lap. The pocket can be inserted in this opening. Bind the top of skirt, and close with two of Newey's larger hooks and eyes. This skirt should be lined with a good mercerised lining or moirette, which can be had in all colours from the Bradford Manufacturing Company.

No. 8. — SHIRT BLOUSE WITH AMERICAN YOKE.

For Description see page 26.

The skirt looks well arranged as a lapped model (see the indoor costume), the trimming running down left side of tablier only, instead of both sides, and continuing round the skirt's edge. The skirt can be cut just off the ground (as given) or shortened into trottoir length (see illustration of braided coat and skirt).

ADAPTABLE RUSSIAN OVER-BLOUSE

This capital useful model can be used as a Russian coat or as an over-blouse. The sleeve is cut short to the elbow for an over-blouse, and the basques are cut away. Both go admirably with our skirt pattern (the same length or shortened), so that these two patterns provide two complete costumes to wear with our skirt pattern. It should be of the skirt material, and should be unlined for an over-blouse, but coolly lined with thin silk for a coat. A strip of interlining should support the wide silk braid which trims the coat edge all round. Shoulders are tucked.

The pattern is in 5 pieces: the double-breasted right front, half the back, one side piece, one sleeve, one cuff. The diagram shows the pattern pieces laid on 2½ yards, 48-54-inch material, which is doubled in half (selvedges meeting), back centre laid along the fold. A notch in right front's basque shows the front centre, the left coat front being cut without double-breast. When fitted and sewn, the right and left fronts hook together down the centre, and the right front buttons over on the left, the button-holes made in the facing of right front, facing being stitched to right front between each buttonhole; or it can close with hooks (a few) and worked loops.

Tack together fronts and sides. Tack the side pieces (at double notch) to back, and try on. In fitting, interfere as little as possible with the lap of fronts. Fit by the single and double notch seams. Stitch and press seams. Turn edges over a band of lino, and sew on the braid. Face the right front to just beyond centre with material interlined with canvas, and sew the eyes here, covering the tails with the felled lining. The left front has the hooks sewn on the extreme edge, between stitched edge (stitched over a strip of lino) and the felled lining. Leave a good turning to right front's facing, for there the button-holes are made. When these are made, secure facing and front together between each buttonhole with a few back stitches. Line the rest of coat with white silk, cut on coat pattern but seamed apart, the edges slipstitched over stitched coat turnings and the facing of right front. Rather flat buttons should be used.

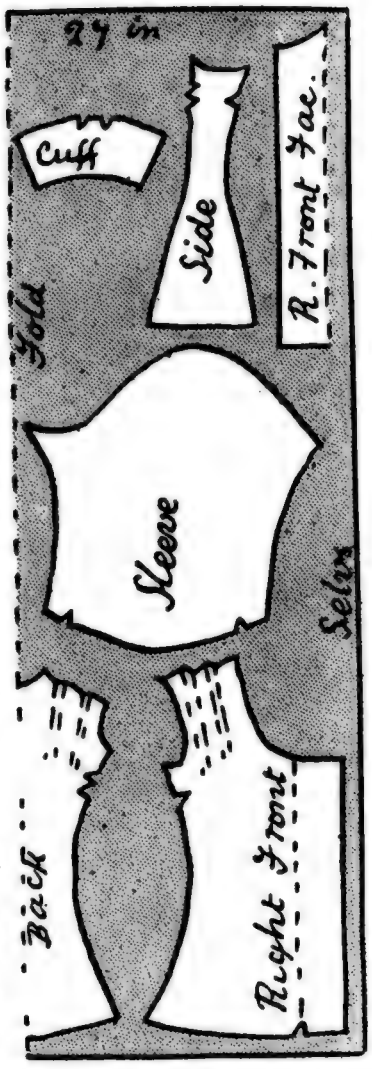

DIAGRAM OF FREE OVER-BLOUSE PATTERN.

See that tucks meet exactly at shoulder seam.

The sleeve seam is tacked. Fit and press seam. Line. Gather into stiffened, lined, and braided cuff. Pin sleeve into armhole on wearer, and fell the armhole lining over the seam.

The over-blouse is made in the same way, but is unlined for coolness, or has a thin batiste lining. Close with hooks and worked loops, and edge with a stitched silk band like the indoor skirt.

"Myra's Journal is the best fashion book one can buy and the Free Patterns are lovely."—M. Y. A.

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RAM OF FREE OVER-BLOUSE PATTERN.

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M. Y. A.

THESE BEAUTIFUL MODELS CAN BE CUT FROM TWO OF OUR FOUR FREE PATTERNS.

INDOOR GOWN.
(Showing a New Version of the Free Skirt, the Over-blouse (shortened sleeve and basque) and Free Shirt Blouse.)

No. 1.—FIVE-GORE TAILOR SKIRT.
No. 2.—NEW RUSSIAN OVER-BLOUSE (AS COAT).
(Making a Complete Coat-and-Skirt Tailor Suit for the Spring.)

TWO OF OUR FOUR FREE PATTERNS.

PROVIDING TWO COMPLETE COSTUMES FOR A LADY.

For Description see page 24.

For 3rd Free Pattern (Shirt with American Yoke), see Page 24.

For 4th Free Pattern (Child's Pleated Over-Dress), see Page 26.

PLEATED SHIRT BLOUSE WITH AMERICAN YOKE.

It should be made of the fashionable white washing silk, of which Mr. Robinson Brown has an excellent selection (Department 46, The Royal Silk Warehouse, Macclesfield). The pattern is a very smart one, pleated in an original way into a very smartly cut one-piece American yoke.

The pattern is in four pieces: (1) The pleated right front (cut with band, which passes under pleats of left front and should be covered with a strip of tucked silk, tucked horizontally, the three pleats of front wheelmarked on diagram and shown by jags in pattern); (2) half the back (pleat wheelmarked on diagram and shown by jags in pattern); (3) half the one-piece American yoke; (4) half the collar. Sleeve and cuff are cut on the same patterns folded with the Russian over-blouse coat. Material being thinner, use the coat sleeve just as it is; but cut off ½ inch right and left of cuff to make it tighter.

The diagram shows the pattern pieces laid on 3 yards 36-inch silk, which is opened out and is double

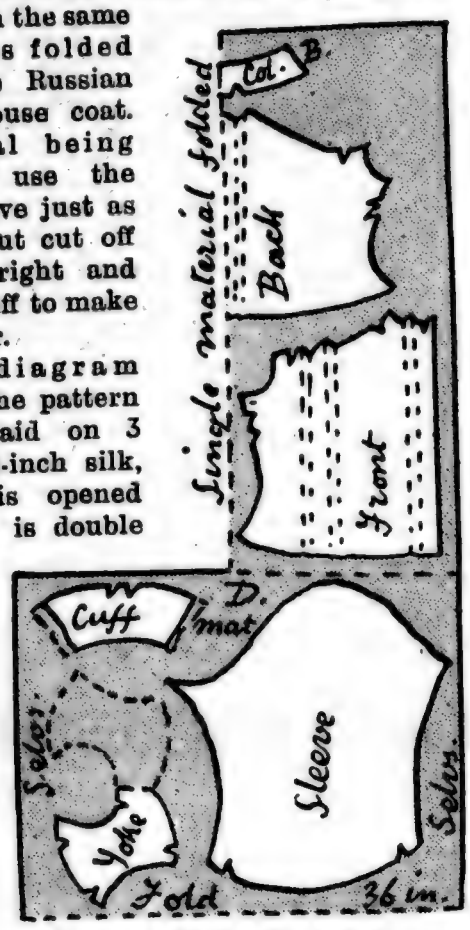


DIAGRAM OF FREE BLOUSE PATTERN.

beneath sleeve, cuff, and yoke, the lacking half of yoke being marked out on the material, and its duplicate serving for a lining. The single material is folded over, selvedges meeting, collar front and back centre laid along the fold, the front being cut in duplicate. Leave plenty of material round collar and cuff, as these are tucked; cut cuff from tucked material, but tuck collar to flat pattern. The collar must be well boned.

Arrange the pleats or broad tucks. Line yoke with silk duplicate. Tuck the silk band, and slip it beneath end pleat of right front. The buttonholes are made in plain band beneath the horizontal tucking. Arrange the tucked fronts into fronts of yoke (notches coinciding). Between pleats the silk is a little frilled. Arrange the back into back of yoke (single notch coinciding). Tack the seam under the arm and try on.

Finish front edges, closing with small hooks and worked silk loops, or buttons and buttonholes. Sew down left front the small flat buttons. Hem the basque. Stitch the collar to the right back and right front. It hooks at back and hooks here and there to the bound neck of the left front and back.

The sleeve is seamed. It is slit and hemmed for an opening up the outside, and is gathered into the tucked and strapped cuff, which closes with hooks and loops.

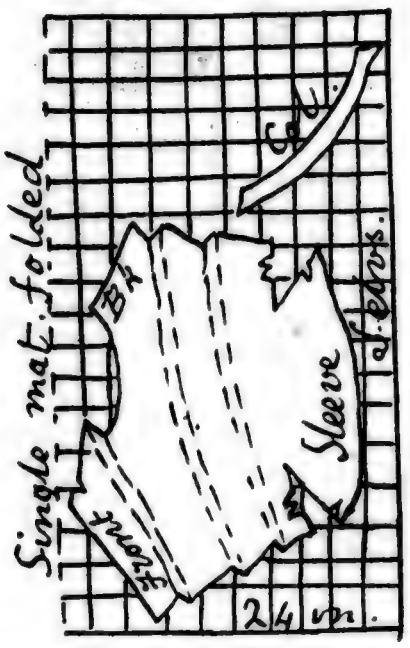


DIAGRAM OF CHILD'S OVER-DRESS PATTERN.

No. 4.—CHILD'S PLEATED OVER-DRESS.

For Description see this page.

LITTLE GIRL'S PLEATED OVERDRESS.

It looks specially well made of plaid, which should be got from the Bradford Manufacturing Co., Bradford, whose tartans are remarkably inexpensive.

The pattern, cut for a girl of eight, is in two pieces: half the pleated bodice, half the collar. This part is cut on the cross. The skirt, cut on the straight, is 20 inches deep (without hem), and takes 4½ widths of 48-inch plaid. The diagram shows the kimona bodice (back, sleeve, half of front in one, its deep pleats wheelmarked and shown by jags in pattern edge) laid on 1 yard of material, which is doubled, selvedges meeting. The collar is given only in diagram to show how to lay it across the stripes. It saves material to cut the collar from the half width not required for the skirt, allowing for skirt four widths, 24 inches deep—3½ yards. So the whole dress will take 4½ yards. Seam up the skirt breadths, and send them to be pleated to the Wanzer Pleating Co., Market Place, Great Portland Street, W. The skirt looks equally well in box pleats or knife pleats.

As the bodice is on the cross, there must be a seam up the front centre, the stripes of the plaid meeting nicely. Arrange the pleats. Tack the double notch and single notch seam, and try on. When bodice is tried and fitted, measure the lower edge and give the length to the pleating manufacturer, as it is more satisfactory not to have to ease the pleated skirt too much. Edge the sleeve with silk braid or black moire ribbon. The dress closes at back, the fastenings hidden on bodice by a plaid strap on straight. Bodice and skirt join beneath a belt of black moire or of straight plaid edged with the narrow ribbon or braid. Close with Newey's Imperial Spring Hooks and bars. The collar (in two separate halves) is edged with ribbon and should be lined.

Any white silk veiling or muslin blouse can be worn beneath this pretty little dress, which makes up very smartly in white serge, trimmed with white silk braid, and could be made, later on, in linen.

BOOK REVIEWS.

"Jewellery Enamelling" is a capital little treatise on this artistic and ancient handicraft, issued by "The Handicrafts Press," Limited, 133, Furnival Street, E.C., price 6d. The matter appeared originally as a series of articles in that valuable paper, "The Art Craftsman." It is clearly and plentifully illustrated, and will be found of the utmost service to those who wish to improve their knowledge of this beautiful and useful handicraft.

"Choice Dishes at Small Cost," by A. G. Payne, price 1s., published by Cassell & Co., La Belle Sauvage, London, E.C., is a collection of many recipes, clear and concise, which the housewife will find of the utmost service. The book is bound in green linen, and contains a very large number of cookery recipes and cooking hints.

"Your patterns are so excellent I do not care to use any other."—A.

MADAME MYRA'S BRAIDING TRANSFERS.

No. 3.—THE NEW LONG TAILOR COAT.
(Showing the Free Princess Dress to Match.)

Two of the Free Patterns presented with our December No.

No. 1.—THE NEW CROSS-OVER SKIRT.
No. 2.—THE NEW RUSSIAN COAT.
(Making a Complete Tailor Suit for the Spring.)

Two of the Free Patterns presented with our February No.

Transfers for the Braiding on these Two Costumes can be had, each 6½d., post free, from Madame Myra, 10 and 11, Fetter Lane, E.C.

Cookery and Household Management.

SOME WAYS OF SERVING MINCE.

MINCE, made either from freshly minced beef, mutton, or veal, or from cooked and minced meat of any kind, is a very convenient item in domestic catering; yet it is too often disliked and avoided because it is considered a tasteless, unappetising dish, the last resource of compulsory using up of scraps.

Now, it is quite true that mince may be, and is very often, a compulsory using up of scraps, if nothing but scraps remain in the larder; but that on this account it must be an unpleasant experience, to be avoided at all costs, is by no means necessary; in fact, it would be the housekeeper's disgrace if this were so.

There are so many ways of serving it nicely; it may be flavoured so delicately (always supposing the cook has that sensitiveness of palate which is born, not made, which can neither be taught nor acquired from any amount of lessons conveyed by pen and paper) that it ought to be a welcomed friend at table, rather than a tolerated acquaintance.

In the first place it must be properly made. If from fresh meat, it must be finely minced down, free from any trace of skin or sinew, and then put into a stewpan in which a very small piece of butter has been melted, and turned about in the hot butter till it has fried a very little, but not enough to colour it at all. A pinch of salt, a little dust of pepper and nutmeg if these are liked may be added, and a little finely chopped onion (any of these may be omitted, and a seasoning of a little parsley, a blade of mace, a bayleaf and a few peppercorns and one clove tied together in a muslin be substituted, to be taken out as soon as their flavour has been sufficiently transmitted to the mince; then the mince must simmer by the side of the stove for three-quarters of an hour, when it will be ready to serve. If it is cooked quickly it will harden and granulate and be dry and uneatable. As a rule no liquid need be added, but if the meat seems dry, a few spoonfuls of stock, or gravy, or water, will help it to cook. Make it of a nice consistency for dishing.

If mince is made from cooked meat, it must still be freed from skin and sinew, but being already cooked, it requires heating up only, in hot gravy, or well flavoured stock.

Herein lies the usual mistake, for cooks obstinately insist on re-cooking, instead of re-heating with results to be expected and avoided.

In serving mince, some of the suggestions following may be useful. We all know mince plainly served with sippets of toast, and we are not unfamiliar with mince covered with mashed potatoes and baked in a pie, while the rice border or potato border presents no novelty; but if the rice or potato be pressed into a small mould and turned out on to the centre of a hot dish, and the mince arranged round it and garnished with a little beetroot cut into fancy shapes and placed alternately with small gherkins (cut lengthwise, into halves) quite a pretty dish is the result, and an inviting result to boot.

Another way is to have the mince a little firm, to press into small moulds, turn one out on to a little fried mashed potato (like a fish cake in shape and size) and surround each little shape with some tomato purée, or pour tomato sauce over and round the whole.

Again, mince may be poached in ramekin cases, and served with a few capers and some chopped gherkin on the top.

Or, a larger mould or basin may be lined with cooked pipe-macaroni wound round and round the mould until it is like a beehive. Then the centre is filled with mince, a buttered paper is put over the top, and the mould placed in a pan with boiling water half-way up its depth, where it must steam until it feels firm to the touch. It is then ready to be turned out and sent to table, with cheese sauce poured round it and grated cheese handed with it.

Rissoles are well known, and as cordially disliked by many people. It will generally be found that those which are unwelcome are much too stiff and what schoolboys call "stodgy" (expressive if inelegant word). The wise cook mixes with the mince some very good white sauce, nicely flavoured. A little mince goes thus a long way, and rissoles so composed and made not too large, nicely egged and bread-crumbed, and fried very lightly, are a revelation to the unfortunate one who has hitherto only known them as brown dry, and hard, and distinctly to be avoided. They may be sent to table with or without gravy; but look best when served dry and nicely piled up on a hot dish and garnished with hot parsley.

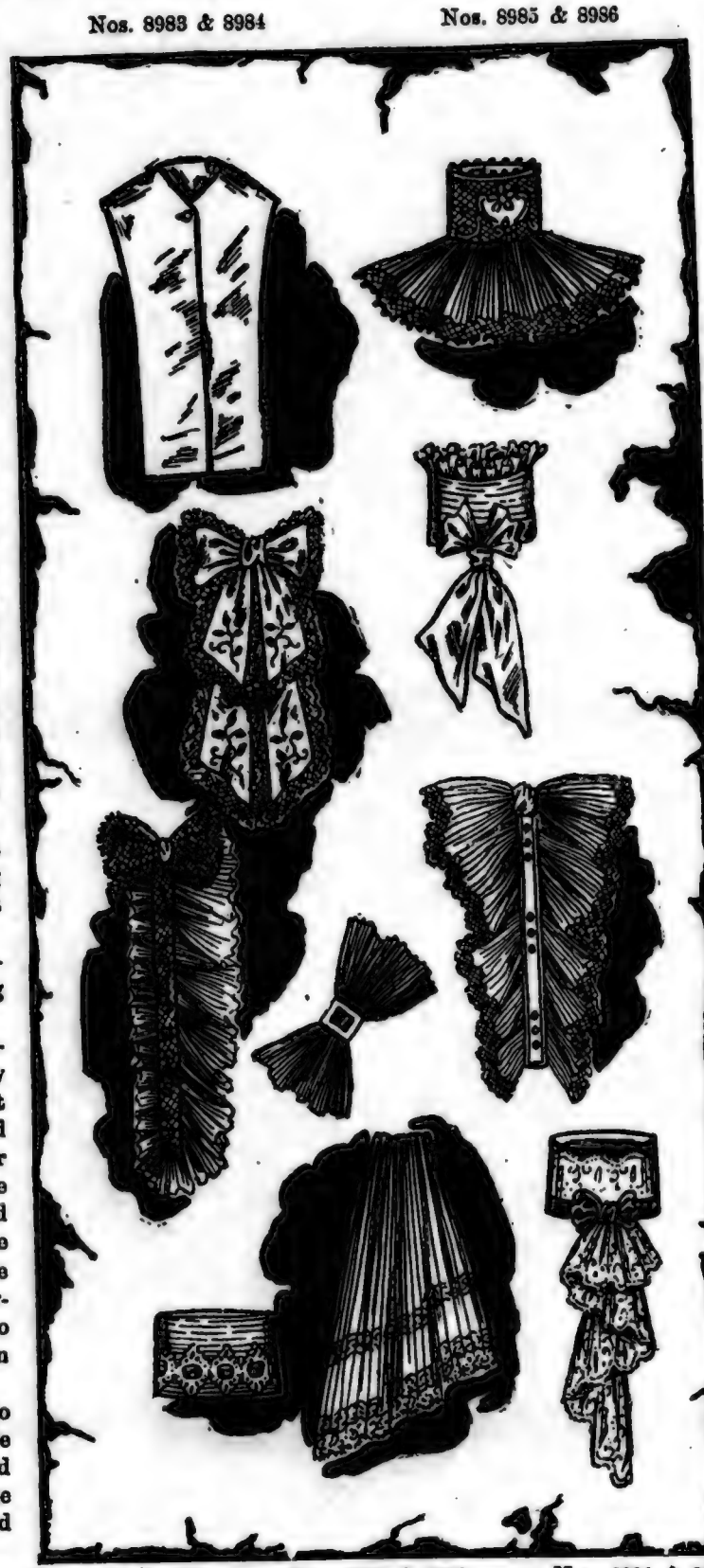
Mince may be used as a filling for queuelles of a simple kind. Have neat slices of fat bacon and spread these liberally with mince, roll them up, dip each into frying batter, fry lightly, and serve piled up on a lace dish-paper on a hot dish.

Minced veal re-heated in parsley sauce and served with poached eggs on the top and a garnish of beetroot, gherkins, and cut lemon is not to be despised as a luncheon dish. Mince of almost any kind may be used to stuff tomatoes or marrows or rounds of cucumber, and as a filling for hollowed out roast potatoes, especially if a little minced kidney be added, it cannot be beaten, and such a dish is excellent for supper.

Besides being used as a filling, mince may also be used as a surround for hard-boiled eggs, which must be rolled in it, and fried lightly, and served with good brown gravy; it may be put into pastry turn-overs and baked; it may be mixed with well-flavoured sauce and used to fill patty-cases; or well-pounded down, and mixed with a little cream, be used to spread between bread and butter for sandwiches, or to stuff finger rolls—in fact, the uses of mince are as varied as the intelligence of the cook who manipulates it. Her genius for applying it as an accompaniment to, or a portion of, many dishes will probably be in proportion to her capacity for flavouring and seasoning it, and the suggestions in to-day's article will probably open out fresh paths of triumph for her, while to her less informed sister cooks they may act as a foundation for present work, and an incentive to renewed effort to make mince as attractive as it is desirable from an economical point of view.

LETITIA HOPE.

Nos. 8983 & 8984 Nos. 8985 & 8986



Nos. 8987 & 8988 Nos. 8989 & 8990 Nos. 8991 & 8992

SUGGESTIONS FOR CRAVATS AND JABOTS.

For Description see Pages 30 to 36.

Save your broken needle points and dip the blunt ends into melted sealing wax to make "soldier pins.' They are so much sharper and better for dressmaking purposes than the ordinary wire pins.—Bury St. Edmunds.

THE "IDEAL" COOKERY BOOK.

This is a selection of some 200 well-tested recipes, by Miss Lilian Clark, for savouries, pastry, custards, and all sorts of plain and delicate sweet dishes, summer and winter drinks, &c., &c. It is sold at the modest price of 6d. (by post 7d.), by the publishers, Beeton and Company, 10 and 11, Fetter Lane, E.C.

"I have been a subscriber for years and always find your journal so useful."—C. A.

No. 8993

No. 8994

No. 8995

No. 8996

No. 8998

No. 8997

USEFUL SPRING COATS, SKIRTS, AND BLOUSES.

For Descriptions see Pages 30 to 36.

Price of Paper Patterns, Pleated Skirt or Long Coat, each 1s. 0½d.; *Skirts, Foundation Skirts, Coats, Blouses, each* 6½d., *post free, of* MADAME MYRA, 10 *and* 11, *Fetter Lane, E.C.*

Descriptions of the Illustrations.

Bridge or Dinner Gown.

No. 8940, By filling in the neck and sleeve
Page 3. as in No. 8967 (see the tucked underblouse of that illustration) this dainty evening frock can be adapted to afternoon wear. The high-waist skirt is of satin or silk-and-wool material (like silk-face cashmere in a pale shade) cut in seven gores. The bodice lining (closing at back) is covered at top with embroidery, and below is gracefully draped with the skirt material. A lace shawl makes the "coat" drapery, what is cut away supplying the short sleeves. 44-46-inch material, 6 yards.

Girl's Russian Coat.

No. 8941, A very good model, should match
Page 5. a five-gore skirt, braided down left tablier seam to match coat. Two double-breasted fronts, two sides, one back. Face fronts with the material and braid the right front edge. Velvet buttons and braided buttonholes. Top closes with a hook and worked loop. Smart new collar, trimmed with buttons, but hooked. Two-piece sleeve. Braided cuff. Excellent model for "Bradoola" cloth from the Bradford Manufacturing Company, Bradford. 54-inch material for a girl of fifteen for a coat, 3 yards (1s. 11d. yard).

For Description of No. 8942 see Page 6.

Pleated Skirt and Braided Coat.

No. 8943, Good model for Irish tweed (for
Page 7. patterns send to Robinson and Cleaver, 40B, Donegall Place, Belfast). The skirt is pleated in groups, the front left plain (pleats wheelmarked on pattern). Wear over a separate foundation skirt of silk or mercerised lining. Smart little coat, closing diagonally with a single button. The braid decoration meets at the button in smart but simple curves. Two-piece sleeve, braided at wrist. Face fronts with the tweed, and line with silk, cut on coat pattern but seamed apart. The neck is cut low, in the new style, with pretty collar faced with moire or satin. 52-inch tweed, 8 yards.

Pleated Skirt and the New Bolero.

No. 8944, Full length skirt tablier, lapped,
Page 7. and braided. Two-piece skirt top, braided or stitched at edge. Short top is filled in with knife-pleated flounce. New bolero—a sleeve cut in one with sides, and two fronts and back (cut in one). Fronts are slit. Braid the edge, which laps over sides. Back is secured to velvet or moire belt. Fancy buttons. Coat under-sleeve can be omitted. Lace collar and chiffon jabot on blouse. Beautiful and new model, made of fine coating. 48-52-inch material (without coat sleeve), 6 yards. For the coating, send to the Bradford Manufacturing Co., Bradford.

Tailor Design for Striped Tweed, Alpaca, Serge, &c.

No. 8945, Looks equally well in chequered
Page 8. or plain materials. Five-gore skirt cut on straight (see stripes run straight down the centre of each breadth). Unlined. Hem the skirt. Mount at waist over a five-gore foundation skirt. Smart coat, with two-piece double-breasted fronts, neatly fitted. Stiffen fronts and face with the material. Close with braid loops and metal buttons. Two-piece coat sleeve, decorated with buttons. Line with silk cut on coat pattern, but seamed apart. Wide reefer collar faced with the material. 48-inch material, 7 yards.

A Smart Utility Coat-and-Skirt.

No. 8946, Particularly good model, should
Page 9. be made of reliable serge. For patterns send to the South Devon Serge and Blanket Warehouse, Teignmouth, Devon. Smart five-gore skirt, tablier seams lapped and stitched. Stitched hem. Very good coat of the serge, double breasted, closing diagonally. Face fronts with serge, showing in big revers. Face wide collar with moire or silk. Very pretty one-piece sleeve with large cuff. 48-50-inch serge required, 8 yards.

Nine-gore Skirt and Russian Coat.

No. 8947, Of coarse rib South Devon Navy
Page 9. serge (for patterns, send to the South Devon Serge and Blanket Warehouse,

No. 8999.—A Dainty Dressing Gown.

For Description see pages 30 to 36.

Price of Paper Pattern, 1s. 0½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

Teignmouth, Devon). Nine-gore skirt, with lapped seams (laps given in pattern but not turnings). Smart coat—a back and two fronts arranged into a stiffly-lined three-piece belt, which holds the one-piece basque. The belt hooks, the coat closes with a few loops and buttons. Braid belt and collar. Braid the two-piece sleeve. Line with silk. 48-inch material, 7 yards.

White Viyella Shirt Blouse.

No. 8948, **Page 10.** Tucked front and backs (tucks wheelmarked on pattern). Tucks are very prettily arranged and lie right and left of central box-pleat (cut with right front). Shirt sleeve. Collar, and cuffs of embroidered muslin, mounted on Viyella collar and wristbands. 31-inch material, 3¾ yards.

A Smart Nun's Veiling Shirt.

No. 8949, **Page 10.** Fronts and backs are tucked (tucks wheelmarked on pattern). Blouse closes a little to the left with Newey's hooks and bars, the right front decorated with buttons and slit (slits neatly and firmly finished) for the satin neck-tie. Smart collar with added piece in front, hooking over to left. The shirt-sleeve is tucked into armhole (tucks wheelmarked), and is finished with a long under-sleeve. Cuff recalls the shape of collar. 44-inch material, 2 yards. For the veiling, very inexpensive and good, send to the Bradford Manufacturing Co., Bradford, Yorks.

A Capital House Dress.

No. 8950, **Page 10.** A smart and most useful model, to be made of serge, cashmere, or any light cloth or tweed. Skirt looks very well beneath the Russian coats, and the blouse makes up excellently in ribbed silk, cashmere, &c. The top of the skirt is fairly fitting, closing on left in lapped seam which is decorated with velvet buttons. It is finished with a knife pleated flounce. The dress is worn over a silk petticoat or foundation skirt. Velvet belt, supported on bones. Elegant house blouse, pleated back and front (pleats wheelmarked on pattern), closing partly with velvet button and buttonholes, partly with hooks and worked loops. Smart gigot sleeve. Collar closes on left with buttons and buttonholes. A frill of silk decorates blouse front and sleeves. 48-inch material, 7 yards.

No. 9000.—Child's Dressing Gown.

For Description see Pages 30 to 36.

Price of Paper Pattern, 6½d., post free, of Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

A Very Original Blouse.

No. 8951, **Page 11.** For cashmere, satin, silk, &c. There is a folded panel in front, with lace-edged tucked muslin yoke. The back and two fronts are tucked. The tucks are wheelmarked on front and back patterns. Fronts and back are arranged into a one-piece satin collar. Decorate with buttons of velvet and false buttonholes of cord. Close with hooks and worked loops on left of front panel. Band muslin collar is hooked at back. Novel shirt sleeves, tucked (tucks wheelmarked) in an original manner into the over-sleeve which has a smart cuff. Puff or lower sleeve is arranged into shirt cuff. Exceptionally smart model. 44-inch material, 2½ yards.

A Smart Indoor Morning Shirt.

No. 8952, **Page 11.** Fronts and backs are tucked (tucks wheelmarked on pattern), centre box-pleat cut with right front. The shirt-sleeve is finished with a cuff. Pearl buttons. Peter Pan collar and cuffs (detachable) of muslin, edged with frills. 44-inch material, 2 yards. Makes up beautifully in mousseline de laine, &c. For patterns send to the Bradford Manufacturing Co. Bradford.

Smart Shirt of Ottoman Silk.

No. 8953, **Page 11.** This looks beautiful in pure white Ottoman silk. The novel yoke is a mere shoulder strap, and is very becoming. The pattern is in six pieces—pleated right front (the centre pleats wheelmarked), half the pleated back, one yoke, half the collar band, one sleeve, one cuff. The lower part of the pleats are drawn in to suit the figure when fitting. They are rather deep, and can be either stitched down (like tucks) or be secured inside. Lay the pattern pieces on 4 yards 22-inch Ottoman silk, which is opened out and is double beneath front, sleeve, cuff, and yoke patterns, so that each is cut in duplicate. Collar can fasten in front or at back, the shirt closing in front with silk buttons and buttonholes made

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Almost every make kept in stock in our well-known reliable qualities. Ladies' Linen Hemstitched Handkerchiefs, **3s. 9d.** doz. Gentlemen's Linen Hemstitched Handkerchiefs, **6s. 10d.** doz.

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The demand this season will be greater than ever. Write early for new patterns (free).
Coloured Linen, 45 ins. wide, latest shades, **1s. 6½d.** and **2s.** per yd. Linen Canvas Suiting, all new shades and white, 36 ins. wide, **11½d.** per yd. White Embroidered Linen Robes (unmade), from **21s.** each.

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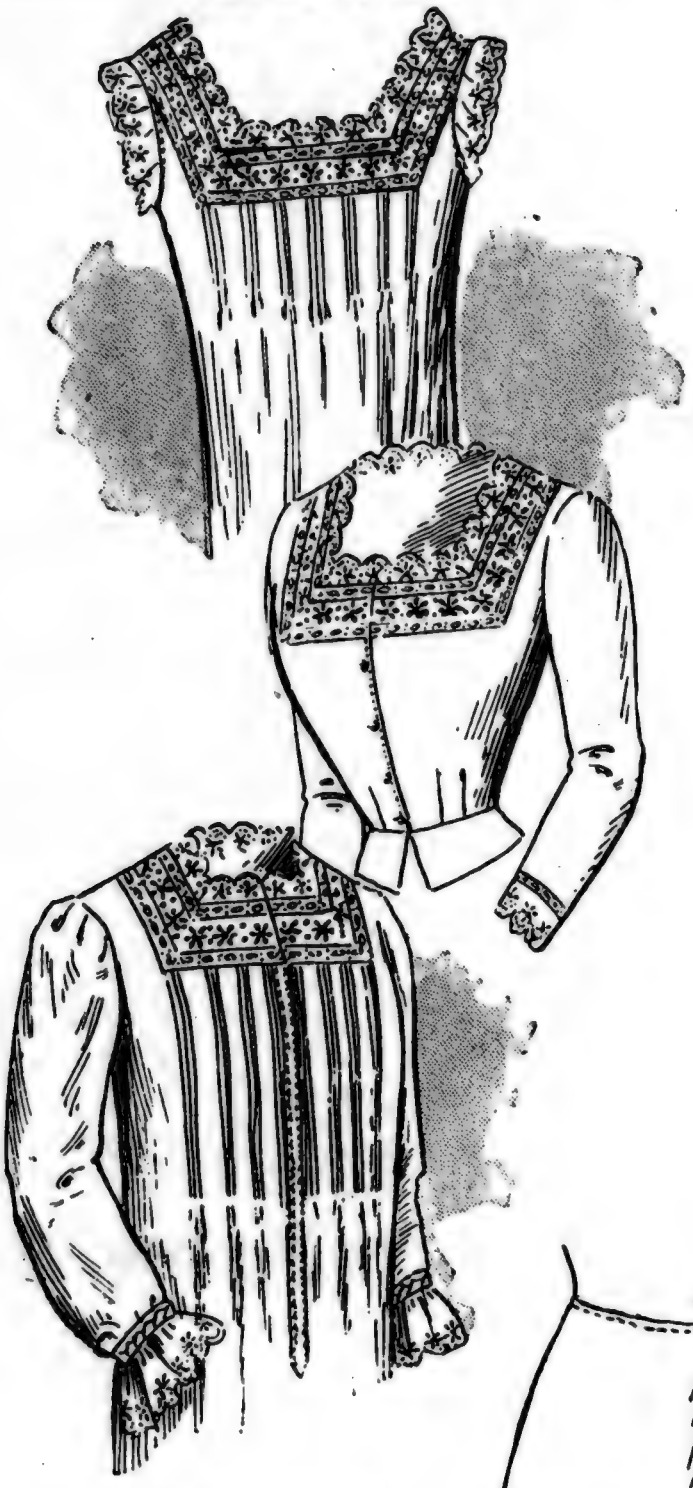
GREY HAIR.

In issuing the Annual Edition of his Revised Toilet List, the twelfth of the series, Mr. Mason calls the attention of all those whose hair shows signs of becoming grey to the undoubted advantages offered by the combined use of his Jaborandi Hair Tonic and Petrolate of Sulphur. Used at the first appearance of greyness, these two preparations rarely fail to stop its advance and to restore the hair to its natural colour. Even where greyness is becoming quite pronounced, in the majority of cases the natural colour can be restored by the same means, provided that a due allowance of patience and perseverance be exercised. These two invaluable preparations are also equally effective for promoting and strengthening the growth of the hair and for stopping its fall. To keep the hair and scalp in a healthy condition, to prevent scurf, to encourage a strong growth of hair, and to prevent excessive fall and greyness the frequent application of the Jaborandi Hair Tonic alone is recommended with the greatest confidence. Where, however, there is already a considerable weakening and loss of hair, or where greyness is becoming pronounced, the combined use of the two preparations is followed by more speedy and certain results.

For the distressing greasiness of the hair, which is such a great trouble to many and which makes it difficult to dress and arrange the hair effectively, Mr. Mason is able to unreservedly recommend his Jansia Dry Shampoo. This Powder has now been in use amongst his clients for two years and its success has been most gratifying, for it not only thoroughly cleanses the hair, but permanently reduces the excessive greasiness and in many cases completely removes it, at the same time making the hair beautifully bright and glossy, and causing it to stand out more and the coils to look richer and fuller.

For further particulars of these and others of his Preparations see Mr. Mason's advertisement on page 4 of this magazine.

Nos. 9001 & 9002



No. 9006

Nos. 9003 & 9004

No. 9005

SMART UNDERWEAR,

INCLUDING

THE NEW BREECHES OR TRUCKS.

For Description see Pages 30 to 36.

Price of Paper Patterns, each 6½*d.*, *post free, of* MADAME MYRA, 10 *and* 11, *Fetter Lane, E.C.*

down central box-pleat. Or the buttons can be merely for ornament, the skirt closing with hooks and worked loops. Collar hooks at back. Arrange the pleats. Tack strap yoke to front and back according to notches. Tack the under-arm seam and try on. Secure the pleats. Stitch on the lined strap yokes (lapped seam). Line the collar, and stitch to right front and right half of back. Left side is secured by hooks and loops, blouse neck being bound with a strip of material. Line the cuffs. Seam sleeve; slit and hem centre at lower edge for two inches for an opening; gather lower edge into the cuff according to the notches. Cuff closes like shirt front. Gather the top into armhole, arranging gathers on the wearer. Stitch in sleeve and bind the seam. For patterns send to Robinson Brown, Department 46, The Royal Silk Warehouse, Macclesfield.

BACK VIEWS OF THREE OF OUR FOUR FREE PATTERNS.

Kimona Blouse of White Crepe.

No. 8954. Entirely in one piece. Tucks, **Page 11.** which are deep, are wheelmarked on pattern. Front is cut away in diamonds, edged lace, filled in with pieces of tucked satin. Close blouse at back. Lace band collar. Sleeve is cut with blouse; it ends in two tucks (tuck to flat pattern) and has a lace under-sleeve. 46-inch material, 2½ yards.

Boy's Overcoat.

No. 8955, Of tweed, a back and two double-**Page 13.** breasted two-piece fronts, closing on right with large horn buttons. Face fronts with the tweed. Pockets on each side with flaps. Face reefer collar with the tweed. Two-piece sleeve. 50-inch tweed for a boy of five, 1⅞ yards. Line with Italian cloth, cut on coat pattern. For the tweed, send to the Bradford Manufacturing Company, Bradford, Yorks.

Little Boy's Overcoat.

No. 8956, For four-five years. Smart model, **Page 13.** double breasted, closing on the left. Face fronts with the cloth. Face collar with black silk. Pockets (two at sides, breast pocket on left), with flaps. Line coat with green silk, cut on coat pattern but seamed apart. 48-inch cloth, 2 yards.

Girl's Russian Coat.

No. 8957, It is double-breasted, right front **Page 13.** braided. Face fronts with the cloth. Braided belt, neck, and cuffs. One-piece sleeve. Line with silk, cut on coat pattern, but seamed apart. 48-inch material for a girl of nine, 4 yards. For the light cloth or coating, send to the Bradford Manufacturing Company, Bradford.

Coat-and-Skirt for a Twelve-Year-Old Girl.

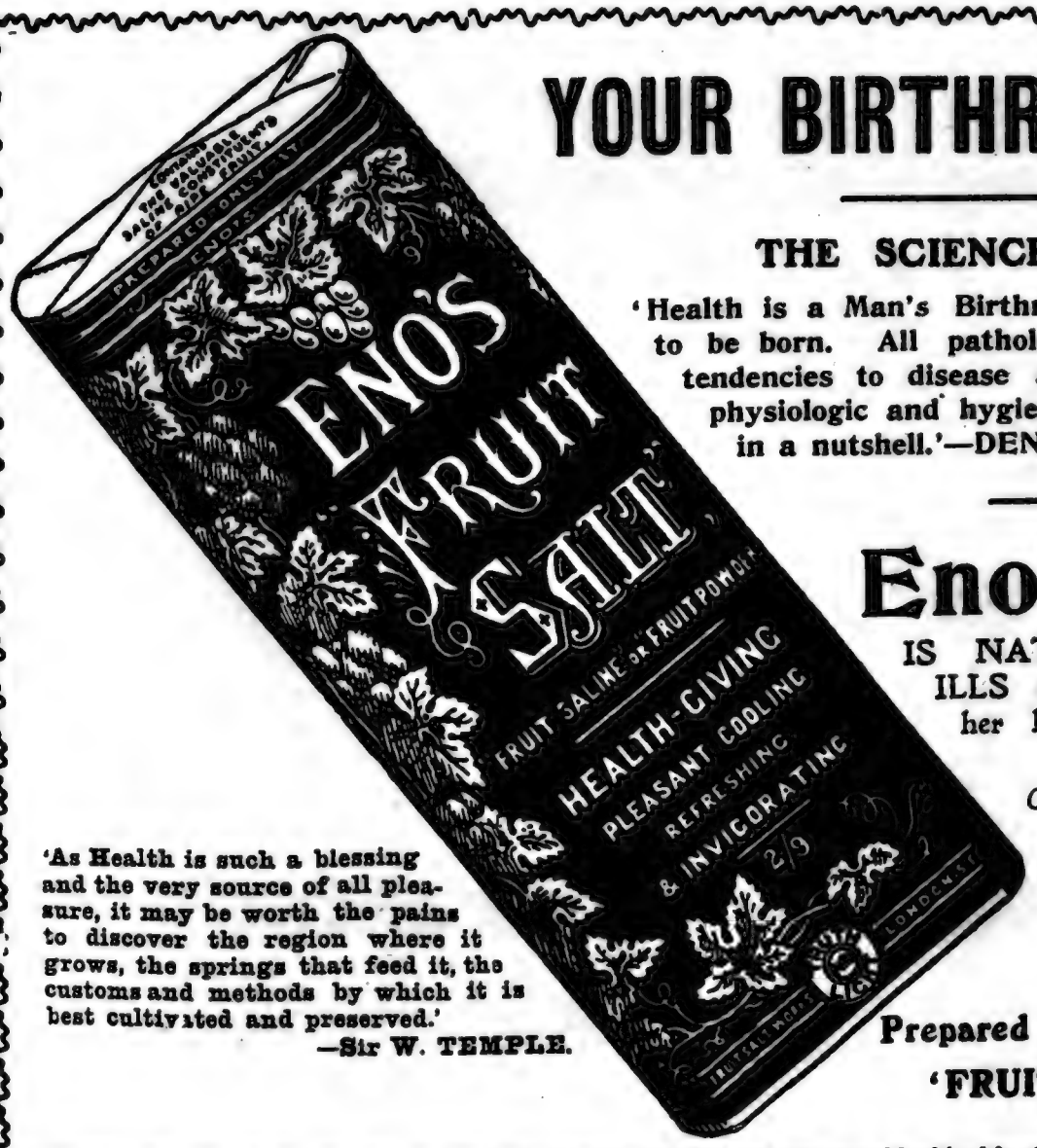
No. 8958, Pretty pleated skirt of serge, **Page 13.** pleats wheelmarked on pattern. Smart three-quarter coat, a back, two fronts, closing diagonally (in new style), trimmed with braid. One-piece sleeve, with braided cuff. 48-inch serge, 5 yards.

Little Girl's Overcoat.

No. 8959, For four-five years. Smart model **Page 13.** of blue cashmere, closing with smart tabs and buttons. Face fronts with the cashmere. Line coat with silk, cut on coat pattern but seamed apart. One-piece sleeve. Braided collar and cuffs. 46 inch cashmere, 2 yards. For cashmere, send to the Bradford Manufacturing Company, Bradford.

Little Girl's School Frock.

No. 8960, Of grey cashmere, with tucked **Page 13.** white muslin collar, cuffs, and chemisette (detachable), cut out of tucked muslin. For the pretty, inexpensive cashmere send to the Bradford Manufacturing Company, Bradford, Yorks. Dress is tucked on shoulders (tucks wheelmarked) and has a box-pleat back and front, closing on left of front pleat with velvet buttons. One-piece sleeve arranged into a cashmere cuff. 44-46-inch cashmere for a girl of eight, 3 yards.



YOUR BIRTHRIGHT IS HEALTH

THE SCIENCE IN A NUTSHELL.

'Health is a Man's Birthright. It is as natural to be well as to be born. All pathological conditions, all diseases, and all tendencies to disease are the result of the transgression of physiologic and hygienic law. This is the science of health in a nutshell.'—DENSMORE.

Eno's Fruit Salt

IS NATURE'S ANTIDOTE FOR HUMAN ILLS arising from the neglect or violation of her laws.

CAUTION.—Examine the capsule, and see that it is marked ENO'S 'FRUIT SALT.' Without it you have the sincerest form of flattery—IMITATION.

'As Health is such a blessing and the very source of all pleasure, it may be worth the pains to discover the region where it grows, the springs that feed it, the customs and methods by which it is best cultivated and preserved.'
—Sir W. TEMPLE.

Prepared only by J. C. ENO, Limited,
'FRUIT SALT' WORKS, LONDON, S.E.

An Excellent Braided Coat and Smartly Cut Skirt.

No. 8961, **Page 14.** Of black sicilienne alpaca, decorated with narrow silk braid. The beautifully-cut skirt, worn with high belt or draped corselet of the same material, is a lovely afternoon model to wear indoors with smart blouses. It is in seven gores, with lapped seams (no lap at back centre), braided in corners. Wear over a foundation skirt. Capital ¾-length coat. Can be worn over skirt to match or as a separate wrap. Seams back and front are lapped. There is an ordinary seam at back centre, open below and lapped, tailor style. It is very smartly braided. Closes edge to edge with Newey Hooks and Eyes, and two smart cord brandenburghs. Line with white satin. Large new collar, faced with braided alpaca, with added slip-stitched facing of moire. Cuff to match. 46-inch material, 10 yards. For the alpaca send to the Bradford Manufacturing Co., Bradford.

A Smartly Cut Coat-and-Skirt.

No. 8962, **Page 14.** The new skirt—a fitted corselet top finished with a pleated flounce (only front centre left plain). Stitch the hem. Pleats are wheelmarked on pattern. Coat has two two-piece fronts (joined in a very original and smart manner), four sides, one back. Front and back seams are lapped. Face collar with satin or moire. Line with white silk, cut on coat pattern, but seamed apart. 48-inch serge or vicuna cloth, 8 yards. For patterns of cloth, &c., send to the Bradford Manufacturing Company, Bradford, Yorks.

A Russian Coat and Pleated Skirt.

No. 8963, **Page 15.** Five-gore skirt of fine serge (for patterns send to the South Devon Serge and Blanket Warehouse, Teignmouth, Devon). The knife-pleats are wheelmarked on the pattern, and should be stitched to below hip. Very smart Russian coat, with added circular one-piece basque, into which the double-breasted three-piece bodice part is arranged beneath belt of velvet calf (matching serge). A rich wide braid and a very narrow braid (silk) decorate the coat very effectively. Face right front with the serge, and make buttonholes in right facing. Top of right front hooks on shoulder. Neck is the fashionable square shape. Two-piece sleeve, with braided cuff. 48-52-inch serge, 9 yards.

Draped Princess Dinner Gown.

No. 8964, **Page 16,** Skirt of white satin, veiled with ninon de soie, cut to flute richly but softly, stitched to the satin bodice lining, which closes in front on left. Veil top of bodice lining and right side with tinsel gauze; small, transparent sleeves. The over-dress or princess tunic is of satin, the waist rising high at back. Draped front and back arranged diagonally to show right of under bodice. 44-inch satin, 12 yards; 45-inch ninon, 5 yards.

A Princess Dance Frock.

No. 8965, **Page 16.** Skirt of white satin, cut to flute richly but softly, stitched to the satin bodice lining, which closes on left. Veil bodice, front and back, with tucked white ninon be soie (cut from tucked material). The princess tunic or over-dress is of white ninon, the fronts crossed and draped, held by motifs of silver. The ninon tunic is full, the waist rising high at back. Sleeve of ninon is cut with front and back. 44-inch white satin, 8 yards; 45-inch ninon, 8 yards. For patterns send to Robinson Brown, Department 46, The Royal Silk Warehouse, Macclesfield.

Dance Frock for a Young Girl or Debutante.

No. 8966, **Page 17.** Of white satin, a very simple dainty model. Full five-gore skirt, unlined, worn over a silk or muslin foundation skirt. It is hooked to the full bébé bodice of satin, beneath a draped satin belt. The full bodice is arranged on a fitted silk lining. Pretty elbow sleeve. Edge sleeve and bodice with beaded lace. White lace tucker. 44-inch satin, 7 yards.

No. 9007.—Visiting Gown with Excellent Corselet Skirt.

For Description see Pages 30 to 36.

Price of Paper Patterns, Corselet Skirt, 1s. 0½d.; Blouse, 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

"Adaptable" Dance Frock.

No. 8967, **Page 17.** Five-gore skirt of white satin veiled with a skirt of white ninon de soie. Tunic of white ninon, embroidered with crystal bugles and silver sequins. Fitted silk bodice closing on left, veiled with fichu fronts and backs of the embroidered material. Front and back panels richly embroidered. Short transparent sleeve, embroidered like skirt. To fill in low neck and short sleeve make the tucked under-blouse (see diagram), a yoke (with collar) reaching bust, and long sleeve, cut from the tucked ninon. 45-inch ninon, 10 yards; 44-inch satin, 7 yards.

A Lovely Draped Princess Dress.

No. 8968, **Page 18.** Can be arranged for afternoon or evening wear. The under-dress, of silk or satin, consists of a fitted bodice and smart skirt stitched together and closing on left and on shoulder. Top of bodice and left of skirt is veiled with lace. Lovely draped over-dress, closing on left beneath a paste buckle. It is sleeveless, and shows the little lace sleeve of under-dress. Over-dress is unlined, simply hemmed. 44-inch satin for over-dress, 8 yards.

Charming Blouse Made out of Sale Remnants.

No. 8969. **Page 18.** Spotted net makes the sleeve and the crossed fronts and back. A remnant of guipure makes the front and backs of under bodice which veils a lining of silk or satin. A remnant of chiné ribbon makes the corselet suspenders. This blouse looks specially well with a corselet skirt.

Charming Tea Coat.

No. 8970, **Page 18.** Of heliotrope satin with kimona armhole, decorated with lace insertion. Short under-sleeve of the satin, edged with insertion and vandyke lace. Insertion edges fronts and neck, and the vandyke lace trims lower edge and fronts. 44-inch satin, 3 yards.

Empire Tea Gown of Black Satin.

No. 8971, **Page 19.** Short bodice—back, two fronts, and slightly draped front centre. Skirt has the front centre cut in one with the shaped flounce. Two circular breadths complete skirt. Large paste buttons. Skirt is hung on a white silk skirt and bodice stitched together, the top covered with a lace yoke (transparent) and tucked spotted muslin. The sleeve is of white silk, covered with pleated muslin, lace, and a black satin sleeve. Paste buttons. 44-inch black satin, 9 yards.

A Russet Ninon Tea Gown.

No. 8972, **Page 19.** Under-dress, bodice, and skirt of russet satin; veiled with fuller ninon, embroidered with copper and gold sequins. Lace drapes the bodice beneath the ninon coat over-dress, which is embroidered at corners, and is hemmed with satin. Draped ninon sleeve, with embroidered frill, mounted on satin lining. 45-inch ninon, 12 yards; 44-inch satin, 8 yards.

Visiting Dress with Embroidered Coat.

No. 8973, **Page 20.** Can be of very thin supple face cloth or Ottoman silk. Seven-gore skirt, unlined, worn over a foundation skirt. Lovely coat, neat fitting, closing Chesterfield style with buttonholes made in the right facing (face fronts with coat material). Large collar, embroidered. The long basques have embroidered corner facings. Two-piece sleeve. Line with white satin. 48-inch cloth, 10 yards.

Smart Spring Millinery.

Nos. 8974 to 8976, **Page 21.** No. 8974. New straw hat, very light, trimmed with a wreath of roses and a quill held by a satin cockade. No. 8975. Fancy straw hat, with draped satin crown to match. No. 8976. Toque of draped satin, trimmed with straw motifs. Plume in front.

A New Short Spring Coat, and Skirt to Match.

No. 8977, **Page 22.** Smart skirt—a tablier with lapped seams, cut in one with shaped flounce. There are two circular sides. Stitch

I have taken your journal for seven years, and find it very useful.—L. Bradbury, 38, Gladstone Avenue W. G., N.

the hem. Mount the skirt at waist to a separate foundation skirt. Close in left tablier seam. Dainty little coat—two single-breasted fronts, two backs, four sides, the four sides short and finished with an added basque. Front and back seams of sides, also added basque, have lapped seams. Face fronts with the material and add slip-stitched moire facings to revers. Close with buttons and buttonholes. Braided collar stitched on coat. Two-piece sleeve with round cuff. Line with satin or moire, cut on coat pattern but seamed apart. For the new spring cloths. 48-52-inch material required, 7 yards. For new spring materials send to the Bradford Manufacturing Company, Bradford, Yorks, who have a large variety.

Braided Blouse and Skirt of White Serge.

No. 8978, Elegantly cut four-gore skirt, closing in left tablier seam, where the silk braiding descends. Unlined (except hem and front opening), the skirt is worn over a petticoat or foundation skirt. Waistbelt of white silk. Excellent over-blouse of the skirt material: neck low. A back and two double-breasted fronts, closing on left with Newey's Imperial Spring Hooks and worked loops. Braiding edges neck and right front. Two-piece tailor sleeve braided at wrist. Vest cut out of tucked silk, muslin, or net. Band collar to match. 48-inch serge or cloth, 6 yards. For the beautiful serge, send to the South Devon Serge and Blanket Warehouse, Teignmouth, Devon.

Page 22.

Serge Skirt and Russian Coat.

No. 8979, Five gore skirt of navy serge, unlined, simply hemmed. Russian coat—back, two fronts, two sides, belted with a velvet calf belt to match. Line with thin silk. Black silk braid edges neck, and runs down right front. Two-piece sleeve. 48-52-inch serge required 7 yards. For the serge, send to the Royal Serge and Blanket Warehouse, Teignmouth, Devon.

Page 22.

Pleated Skirt and Blouse Coat.

No. 8980, Pleated skirt in five gores, pleats wheel-marked on pattern. The edge is hemmed over muslin, and muslin bands support the braid, which is very smartly arranged (broad and narrow braid). Wear over a foundation skirt. Beautiful coat. Double-breasted fronts faced with cloth. Bodice part is in five pieces—two pleated double-breasted fronts, one pleated back, two sides. Pleats are wheel-marked on pattern. Neck is low and square, handsomely braided like skirt. Large collar is braided. The coat fastens with buttons and buttonholes made in right facing. Line coat with silk, cut on coat pattern, but seamed apart. Two-piece coat sleeve braided. Stiffened cuff, faced with braided cloth. 52-inch material, 8 yards.

Page 23.

A Spring Coat and Skirt.

No. 8981, Neat five-gore skirt. Pretty little semi-fitting coat, of neat sacque type, single breasted. Tailor sleeve. Face square collar with moire, slipstitched on material facing. Line coat with silk, and close with horn buttons. Good for tweed, coating or serge. 50-inch material, 7 yards.

Page 23.

A Lovely Princess Tunic Gown

No. 8982, In silk-face cashmere, silk, satin, velours mousseline. The long foundation skirt is covered to knee with the material. Tunic nearly covers skirt and is hemmed. It closes on left, beneath the stole end of the material, which is lined, embroidered, and weighted with fringe. Fronts are crossed and draped on left beneath buckle. Open over a vest of embroidery and tucked silk. Full sleeve with embroidered cuff and tucked lower sleeve. 46-inch material, 9 yards.

Page 23.

Some Suggestions for Cravats and Jabots.

No. 8983 to 8992, No. 8983. Collar and vest protector of fine white flannel. No. 8984. Pretty neck bow of embroidered satin, edged lace. No. 8985. Collarette of lace and pleated muslin. No. 8986. Pretty tucked silk collar with silk cravat and lace frill. No. 8987. Jabot of pleated chiffon and lace, for a coat or blouse. No. 8988. Tucked silk collar, trimmed with ribbon-threaded lace. No. 8989. Pleated silk bow, with buckle. No. 8990. Pleated muslin jabot, with lace insertion. No. 8991. Pleated double jabot, for a blouse, for muslin or lace. No. 8992. Lace collar on black satin, with satin tie and lace jabot.

Page 28.

No. 9008.—Tailor Gown of Coarse-rib Serge.
For Description see pages 30 to 36.
Price of Paper Patterns, Coat or Skirt, each 9½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

A Spring Overcoat.

No. 8993, Good model of light tweed. Two-piece front. Back and front seams are lapped. Fronts are faced with material. Collar is faced with white cloth. Tailor sleeve with tweed cuff. Line to top. 48-inch tweed, 8 yards. For the tweed, send to the Bradford Manufacturing Company, Bradford.

Page 29.

Dainty Little Coat.

No. 8994, A very pretty original model, closing diagonally to waist. Two-piece fronts. Front and back seams are lapped. Tailor sleeve. Braid edges front, also velvet collar and cuff. Passementerie brandenburgh. 48-50-inch coating, 3 yards.

Page 29.

Coat and Pleated Skirt.

No. 8995, Smart pleated skirt in five gores of the coat material (pleats wheel-marked on pattern). The tablier is plain. The skirt is simply hemmed. The pleats are secured inside nearly to the knees. The long coat has a lapped seam front and back. There are two sides on each side, besides fronts and backs. Coat closes with two brandenburghs. Roll collar faced with satin. Smart coat sleeves. Line with satin, seamed and pressed apart. For serge, Indian cashmere, cloth, or fine tweed, &c. 52-inch material, 10 yards.

Page 29.

Charming Blouse of Mousseline de Laine, &c.

No. 8996, Tucked backs and front, tucks wheelmarked on pattern. Detachable linen collar. Close blouse at back. Sleeve is tucked down centre. 44-inch material, 2½ yards

Page 29.

A New Short Russian Coat and Skirt to Match.

No. 8997, Smart skirt—a tablier with lapped seams. There are two sides and two backs, finished with shaped flounce. Close in left tablier seam. Dainty coat—two double-breasted fronts, two backs, four sides. Face fronts with the material. Close with buttons and buttonholes made in facing. Decorate with braid straps. Roll collar faced with moire. Two-piece sleeve braided. Line with satin, cut on coat pattern but seamed apart. For the new spring cloths. 48-52-inch material required, 7 yards. For the cloths send to the Bradford Manufacturing Company, Bradford.

Page 29.

A Striped Shirt.

No. 8998, Pretty shirt with American yoke, for Viyella, mousseline de laine, or silk. Back and fronts are full, on cross, the central box pleat being on straight. Yoke is lapped on shirt. Decorate with silk-covered buttons. Shirt sleeve with smart cuff. 31-inch Viyella, 3½ yards.

Page 29.

A Dainty Dressing Gown.

No. 8999, The jacket to match was illustrated last month. In mousseline de laine or French flannel, strapped with silk, matching the floral design. Sleeves are vandyked and strapped. Belt of beading holds the silk sash ribbon. Collar is of the silk. Diagonally closing double-breasted fronts. Particularly good model. 29-31-inch material required, 10 yards. For charming mousseline de laine, in newest colourings and patterns, send to the Bradford Manufacturing Company, Bradford, Yorks.

Page 30.

Girl's Dressing Gown.

No. 9000, Of blue Viyella, trimmed with washing blue-and-white galon. New Russian shape, closing on left. 31-inch material for a girl of six to eight, 4 yards.

Page 31.

Underwear of Superior Nun's Veiling.

No. 9001 to 9004, No. 9001 shows the chemise, the veiling tucked into a yoke made up of embroidered insertion and beading run with ribbon. 42-inch material, 3½ yards. No. 9002 Cache corset to match. 42-inch material, 1 yard. No. 9003. Nightdress to match, front slit for an opening, protected by stitched straps, tucked in groups like

Page 32.

"I never miss a chance of recommending 'Myra's Journal,' as I think it a treasure."—Mrs. M., Carmarthen.

chemise. This is filled in with a yoke made up to pattern with embroidery and beading. One-piece sleeve, with deep frill. 42-inch material, 6¼ yards. No. 9004. Knickers to match, the legs gathered into the feather-stitched band, edged with a frill. 42-inch veiling, 3 yards. For excellent washing nun's veiling, send to the Bradford Manufacturing Co., Bradford, Yorks.

The New Pleated Petticoat.

No. 9005, **Page 32.** It is a very good model—made of Horrockses White Flannelette (for warmth). The skirt fits neatly, made firm at the pleating top by several rows of machine stitching supported by a backing of muslin. On this is hung the accordion pleated flounce of mercerised material. Make up the flounce in straight breadths and send it to be pleated to the Wanzer Pleating Company, Market Place, Great Portland Street, London, W. The lower edge is hemmed. The flounce measures about 2¾ yards round after pleating. It will take six 36-inch breadths of 44-inch mercerised material for the flounce. 36-inch flannelette, 7 yards.

The New Breeches.

No. 9006, **Page 32.** No trousseau should be without them. The feature is the comfort and the good fit. The legs are fitted by seams and darts. Darts also help to fit the waist. The pattern is in three pieces: one front (cut with back belt), half the flap band, one back. The leg at back requires no dart. Each front leg requires two. Lay the pattern pieces on 2 yards 42-48-inch serge, which is doubled in half, selvedges meeting. Tack together backs and fronts each at double notches. Tack together the two halves at single notch seam. Try on, arranging darts of legs and waist, and leaving double notch seam free for an opening. This opening must be finished with stitched straps, and closes with buttons and buttonholes. This part of the leg, like the waist part, should be lined. The belt closes at back with buttons and buttonholes. The back flap is then gathered into the shaped lined flap band. Make three buttonholes in flap band which closes on buttons sewn in corresponding place on waist band.

Visiting Gown with Excellent Corselet Skirt.

No. 9007, **Page 34.** Excellent corselet skirt of fine cloth, decorated with dyed lace or embroidery round top, extending into two long sash ends. Blouse of satin, veiled with the dyed lace cut as a kimona—all in one. Tucked satin under-sleeves (cut from the dyed material). 52-inch cloth, 7½ yards.

Tailor Gown of Coarse Rib-Serge.

No. 9008, **Page 35.** Smart skirt with wide tablier, forming with side an inverted box-pleat. Decorate with buttons and false buttonholes. Elegant coat with very original straps back and front on side seams. Two-piece sleeve. Face roll collar with moire. Metal buttons and false buttonholes. 52-inch serge, 7 yards.

Smart Girl's "Utility" Coat.

No. 9009, **Page 36.** Very smart model with two-piece fronts, joining beneath strap pleat. Back seams (side) are also strapped. Fronts close with ornamental metal buttons and buttonholes. Large collar, faced with black moire. Decorate with braid and embroidered anchors. Two-piece sleeve. Moire cuff. Face fronts with the coat material. Line to hip with silk, cut on coat pattern but seamed apart. 52-inch material for coat, 5 yards.

Girl's Confirmation Dress.

No. 9010, **Page 36.** Can be used as a smart lingerie dress in the summer. Tucked lawn skirt finished with a tucked lawn flounce, the lower edge arranged in two deep tucks to flat pattern. Tucks of skirt top are wheelmarked. Charming blouse tucked into a yoke made up of lace insertion. Blouse, like skirt, is decorated with lace insertion. Collar and cuff made up of lace. Tucked sleeve with tucked puff sleeve which is gathered into lace cuff. 45-inch lawn, 7 yards. Tulle veil.

Girl's Blouse Coat and Skirt.

No. 9011, **Page 36.** Five-gore skirt, widely pleated. Pleats are wheelmarked on pattern. It is worn over a foundation skirt, or a petticoat. Pretty blouse coat, double-breasted, hooking on the left and on left shoulder. It is smartly trimmed with braid, front slit to hold satin tie. Satin belt. Line coat with silk. The collar is of satin and braid. One-piece sleeve, gathered into cuff (like collar). 48-inch tweed, 6½ yards. For the tweed, send to Robinson Brown, Department 46, The Royal Silk Warehouse, Macclesfield.

NOTE. — In sending remittance for paper patterns our readers will greatly oblige if they send it in halfpenny stamps, or in P.O. in preference to penny stamps.

No. 9009

No. 9010

Nos. 9011

COATS, PLEATED SKIRT, AND CONFIRMATION DRESS FOR THE SCHOOLGIRL.

For Descriptions see Pages 30 to 36.

Price of Paper Patterns, Long Coat and Pleated Skirt, each 1s. 0½d.; Skirt, Blouse, or Russian Coat, each 6½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

"The dress you have suggested is just exactly what I wanted."—L. O'S.

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MADAME MYRA,

45-inch lawn, 7 yards.

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Employment Bureau.

SPECIAL NOTICE.—Will correspondents please read the rules carefully regarding notices for re-insertion in the Register, and letters to be forwarded? Inattention causes delay and trouble.

NOTICE.—The printed notice *must be cut* out of the Register for re-insertion each month.

LETTERS TO BE FORWARDED.—These must be fully prepaid, and must bear the Register number at the top left-hand corner. No letter will be forwarded unless it is accompanied by the writer's name and address—not for publication, but as a guarantee of good faith.

ALL LETTERS must be sent to Miss Winifred Jones, Employment Bureau, 10 and 11, Fetter Lane, E.C. If to be answered by post, six penny stamps must be enclosed, and a stamped addressed envelope.

TO BE ANSWERED in these columns in the next number, letters must reach the office on or before the 25th of the month.

NOTICE.—Letters for any department *except* Employments are *not* to be sent to Miss Winifred Jones, who does not and cannot undertake to forward such communications. Letters for the "Free Bargains" and "Dressmakers" columns must be addressed to "The Editor." Notices for the Register must be clearly written on a separate sheet of paper. Postcards must not be used.

FREE REGISTER.

No. 760.—Plain needlework, bazaar work, sheets embroidered, babies' and children's garments made. Orders solicited. Moderate terms. (S.W.)

No. 761.—Experienced dressmaker at home or ladies' houses. Well recommended. Moderate charges. (N.W.)

No. 762.—Dressmaker. Renovations and alterations. Dresses from 7s. 6d., skirts from 4s. 6d., plain shirt blouses 2s. 3d., elaborate blouses from 3s. (N.)

No. 528.—Fancy embroidery. Bazaars and brides' parcels. Ladies' materials worked up cheaply.

No. 692.—Dainty hand-made lingerie at moderate prices. Nightdresses and camisoles a speciality. Orders solicited.

No. 758.—Ladies' underwear. Nightgowns from 1s. 6d, chemises from 9d., knickers from 1s., camisoles from 1s. 3d., combinations from 1s. 9d., blouses 2s. 6d., inclusive. Children's clothing of all descriptions. Renovations. Alterations. Highly recommended.

No. 755.—Ladies' and childrens' dressmaker. All kinds of renovations. Costumes from 12s. 6d, shirt blouses from 3s. 6d., fancy blouses from 5s. 6d., children's frocks from 3s. 6d. (S.W.)

No. 756.—Furs altered, re-lined, repaired. Reasonable charges. References. Foreign orders taken.

No. 758.—Ladies' blouses from 2s. 3d. Ladies' and children's underwear; boys' suits. Will cut down, turn, and renovate. Recommended. Materials supplied if wished.

No. 711.—Renovations, dressmaking at home or at ladies' houses. Highly recommended. (W.)

No. 789.—Costumes complete or ladies' materials. Blouses. Highly recommended. Moderate charge. (Tonbridge.)

No. 763.—Crochet lace from 10d. per yard. Embroidered piano covers, 4s. 3d. Plain sewing.

No. 737.—Embroideress desires orders for work at home. Blouses, trimming, or fancy articles of any kind.

No. 764.—Experienced ladies' and children's dressmaker. To self-measurements. Costumes from 10s. 6d., shirt, blouses, 3s., fancy blouses from 4s. 6d. Renovations. Highest testimonials. Ladies' own materials.

ANSWERS TO CORRESPONDENTS.

All letters must be addressed to Miss Winifred Jones, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

NEEDLEWORK (Bobbie).—I shall be most pleased to put you on the Register, but I am afraid I cannot give you a personal interview, as I never do this for anyone. Will you please write out a notice, as, beyond saying you do "needlework" and giving your address, you tell me nothing. I advise you to make a speciality of underwear if you have any gift that way. So many of my correspondents are doing well at this, and there is a steady demand for first-class work, but it must be up to the necessary standard. Still, if you can do it, you may reckon fairly safely on making a living.

DRESSMAKER AT TONBRIDGE (Mrs. H.).—I was very pleased to hear from you again, and I hope your little boy's arm is well again now. Thank you for all your good wishes, which I heartily reciprocate. I am told trade is going to boom shortly, but possibly the wish is father to the thought. I am giving you a new number, but retaining the same advertisement. You are such an old subscriber that there are now some hundreds more numbers on the Register, and I find it impossible to go so far back. I am glad to hear you have done so well, and you may be sure I will remember you should opportunity occur.

NEEDLEWORK (Bobbie).—Your number on the Register is 740. I constantly receive letters from correspondents assuring me their notice is not in, and who, I fear, have not even troubled to read through the Register.

DRESSMAKER WANTS ANOTHER TO JOIN HER (Madame J.).—I am putting a notice for you in my Register, and I think it very possible someone may be glad to join you. What you say sounds quite satisfactory. Westbourne Grove is a very accessible part. I am glad you find our patterns so excellent; they seem to please generally.

BRIDGE TUITION, &c. (A. M.).—Your letter surprised me greatly. I have not had any letters for you at all. Had I received any I should have posted them on to you at once, as usual. The letter my correspondent sent was intended for the individual to whom it was forwarded, not for you, so, naturally, I do not suppose you would receive a reply. I fail to understand why it *was* forwarded to you. I do not and cannot forward letters to other departments. With regard to your notices, these are always inserted if sent in time, but so many of my correspondents err in this way, and are then disappointed not to find their notices published. I may tell you that your letter is the first of its kind I have received; and it exemplifies the old adage that people do not often show gratitude for what costs them nothing. At the same time, it is the exception that proves the rule, as some hundreds of courteous and grateful letters I receive, testify. There is no necessity to continue the notices if you are not satisfied with our system, which has now been working successfully for many years, but it is not, of course, in our power to compel people to answer your advertisements.

LADIES' AND CHILDREN'S DRESSMAKER, RENOVATIONS, &c. (D. C. W.).—Certainly, I am very pleased to put you on my Register, and if you keep your notice in regularly I have no doubt in time you will get orders. Some of my correspondents have done splendidly in this way, and the spring is always a good time, I think. I am glad you state your charges, as it is always well to do so; it saves both parties useless correspondence.

LETTER FORWARDED (Mdme. C.).—I sent on your letter and should be glad to know if anything resulted.

CROCHET WORK (X. Y. Z.).—Certainly, I will put you on my Register and trust you may obtain orders. I think it would be as well to give some idea of your charges, from such and such a price, as this is a guide to people.

DRESSMAKER WANTED (Mrs. J. Rhyl).—I should be glad to know if my correspondent, to whom I forwarded your letter, gave satisfaction. It is only fair to speak well of one who has done her best for you, and it is of great assistance to me.

ROOMS to SHARE (Madame C.).—Thanks for your second letter.

EMBROIDERY, FANCY WORK (M. M. N.).—Did you, I wonder, try any of the shops as I suggested? You must never relax your efforts in looking for work. I frequently see workers of this kind advertised for in the "Daily Telegraph." Look at the papers in your Free Library. It is well to have specimens of your work to show. You might try the Gentlewomen's Self-Help Society, 22, Maddox Street, W. Some of my readers have done well there. Your Register number is 737, and you must cut out the printed notice and send it to me for re-insertion.

(*For further Answers see page 42.*)

No. 9012.—A RUSSIAN COAT-AND-SKIRT.
Pretty model of Indian Cashmere, strapped with Moire. 46-inch Cashmere, 8 yards.

Price of Paper Patterns, Skirt or Coat, each 6½d., post free, of MADAME MYRA, 10 *and* 11, *Fetter Lane, E.C.*

"Being a dressmaker, I find your journal most useful to me, and feel I do not like to be without it."—F. M.

Health and Beauty.

By MISTRESS ANNE PAGE.

All Letters to be addressed to Mistress Anne Page, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

VALINDRA.—You can make your face, neck, and arms at once beautifully white and smooth by an application to the skin of them of Crême Simon (1s. 3d. to 4s. per pot from any chemist), followed by a careful dusting with Poudre Simon. You will find the powder that is perfumed with heliotrope most delicious and uncommon, but it can be had scented with rose, violet, or other flowers. These Simon preparations are quite pure, and you can use them freely because they will permanently benefit the skin they beautify.

PADEEN.—To restore the colour and strength gradually to your hair without using a dye or any greasy preparation, get from Mr. Mason, 25, Bank Plain, Norwich, a supply of his celebrated Primrose Lotion (2s. 6d. a bottle), and rub some of this into partings made in all directions on your head every night. If your hair is, by nature, straight, and is now showing greasiness as well, you would be wise to get a 4s. 6d. case of Parma Preparations from the above Mr. Mason, and to use these, one after the other, as directed on the labels, before beginning on the Primrose Lotion. Then the hair will be bright, fluffy, free from grease, and easy to dress becomingly.

GWLADYS.—As your skin gets so rough in the winter you should only use water for its cleansing once a day, and then it must be soft water, and the soap must be carefully chosen. You cannot do better than have Oatine Toilet Soap (2s. 6d. for a box containing three cakes from The Oatine Co. 136A, Denman Street, London, S.E.), as this is manufactured from the very best ingredients, and contains the healing as well as cleansing properties of oats. When you want to freshen your face during the day use Oatine Snow (1s. 3d. a jar, from the same place), because this greaseless cream makes the complexion so smooth and pure and fine. At night, until all the present roughness has gone, you should pat and tap into your face and neck (as this is rather brown) some of the Oatine Cream, which is sold for 1s. 3d. and 2s. 6d. a jar by the same firm. This cream feeds the skin, and removes all roughness, but it also is made from oats instead of with oil, and so cannot possibly induce a growth of superfluous hair.

A POOR MAIDEN.—1. You can send away the warts from your hands, and remove the moles from your face by applying to them daily a spot of the "Wart and Mole Caustic" which Mr. Mason, 25, Bank Plain, Norwich, supplies for 1s. 2d. a bottle post free. This will quickly and painlessly remove the most stubborn of them without marking your skin. I have used it in my own household with such excellent results that I am glad to be able to recommend it to you. 2. For getting that tuft of hair off your chin you will find the above Mr. Mason's Depilatory quite satisfactory, and easy to use yourself successfully. He sends this, with clear directions, for 2s. 3. To make your hands white, supple, and soft, rub into them every night some of the Gants Gras Pommade which the same Mr. Mason sends for 1s. 6d., and wear a pair of old white kid gloves during the night. 4. You can get that lovely shell-pink tint, and beautiful polish in your nails by using "Culto" (the secret Japanese Nail Polish, supplied for 1s. 1d. post free by the same Mr. Mason) once a week for three minutes. A lesson in manicure is sent with this, and the directions for using the nail-beautifier.

EMMTEE.—It is just these "minor ailments" that constitute the misery of life in numberless instances, and you have my utmost sympathy and my best advice. In the first place bathe those poor, aching feet every night in a footbath of water prepared thus: Have a kitchen tea-kettle of boiling water poured on a pint of fresh bran and two tablespoonfuls of common soda, and mixed until the soda is dissolved. As soon as the mixture is cooled to bearing point (the hotter you can bear it the better) put your feet in, rub the bran into them, and keep them in it until the water is quite cool. Dry them thoroughly with a soft towel. Then until the inflammation of the big toe joint has entirely subsided, put on it every night a poultice made with linseed meal and boiling water and a tablespoonful of olive oil. Let this stay on all night. In the morning, after your bath, saturate a finger bandage of gauze (chemists sell these) with a lotion composed of equal parts of cold water and rectified spirit, and dress the joint with this. If during the day you re-saturate the bandage several times with the spirit-lotion you will find it very grateful and cooling to that poor suffering joint. If the inflammation does not subside soon after you begin the above treatment, poultice at night as before, and well bathe joint every morning with the lotion, but follow this by a dressing of mercury ointment (you can get the right kind from Mr. Mason, 25, Bank Plain, Norwich), and put the gauze bandage over this.

EMMTEE No. 2.—When the inflammation in the enlarged toe has entirely subsided, paint the joint every third or fourth day with tincture of iodine (get this from the above Mr. Mason) and endeavour to draw that great toe towards the inner line of the foot, and to keep it in as straight a line with this as possible by covering the toe itself with a sufficiently large glove-finger of kid, having one end of a strong indiarubber band attached to the free end of this "finger," and the other end laid alongside the heel and kept in place with strips of good sticking plaster. This arrangement will act as a sort of artificial muscle, and will tend to restore your toe gradually to its rightful position. Your shoe should be of the softest kid, well-fitting (because friction is almost as bad as undue pressure) but quite wide enough in the "tread" to let you put your foot quite flatly into it. "Fitting 4" is usually a good size as far as width is concerned. Of course, have low heels or none at all for the present, but do not have any shoes that are ornamented with toe-pieces, or patent leather anywhere. Plain low-cut, well-made shoes of softest glacé are best.

EMMTEE No. 3.—Now about the corns. After bathing the feet at night in the bran-and-soda bath, dress each corn with a piece big enough to rather more than cover it of Thompson's Original Corn Plaster (1s. 2d. for a generous sheet from Mr. M. F. Thompson, Homœopathist, 17, Gordon Street, Glasgow) and in a short time you will be able to have the corns removed by your maid without the least trouble or pain. Place over the plaster, where the corn is, between the toes a tiny bit of absorbent cotton wool, but let this lie quite flat. From the ingrowing toe-nail you should have a V-shaped piece cut just in the centre; then, not only will you be able get more easily to that wretchedly-painful corn that is sending its roots under that nail, but the nail itself in trying to grow together again, by Nature's own process, will draw away littte by little from the side into which it is now growing.

ELAINE.—You can make your skin beautifully white without "taking" anything; indeed, the things you have been thinking of taking would do you a lot of harm, and in time ruin your digestion. If you wash your face, neck, and arms well in warm water night and morning, using a little prepared oatmeal powder instead of soap, and then rinse the skin for five minutes in cold water to which you have added some "Beautiana Toilet Vinegar" (2s. 3d. per bottle, or twice the quantity for 3s. 9d. from the M-Highwater Hygienic Co., 1-117, Exchange Buildings, Southwark, London) you will get that whiteness that you desire, and at the same time your tissues will be so nicely braced that you will neither get wrinkles nor a double chin. Yes, it is a very good thing to drink milk as the principal beverage, but in order that it may do you the utmost good you should add two tablespoonfuls of lime-water to every tumbler or breakfast-cupful of it. Then it will digest easily, and not make you fat.

MAYSIE.—To thicken your hair and prevent it getting grey, rub into partings made in all directions on your head every night a little of the Petrolate of Sulphur which Mr. Mason, 25, Bank Plain, Norwich, sends for 2s. 6d. post free. Wash your head once a month in warm soft water, using a liberal lather of the same Mr. Mason's Sulphur Soap, which he sends for 1s. 1d.

A TIRED WORKER.—Try to get a tepid bath every morning, or if this is impossible, have the bath at night, and a sponge all over, followed by vigorous friction with a towel, in the morning. Then, to prevent so much tiredness and tenderness in your feet, give them a brisk rubbing in the morning with salt and water (put a good handful of common salt into a pint of cold water), and at night, after the bath, bathe them with alum water, used tepid. Wear a fresh pair of stockings every day, and let the pair for the alternate day air before an open window. Little things like this do not cost anything, but they make all the difference to the tired worker. You should have a breakfast cup of good cocoa, made with milk, the last thing at night, and a teaspoonful of Eno's Fruit Salt (sold by all chemists) in a glass of cold water the first thing on rising in the morning during the next three weeks, then simply a glass of nearly boiling water with a squeeze of lemon-juice in it. These measures will aid your digestion.

AUNTIE.—A good corset will make all the difference to your figure, and prevent it spreading. One of the best, as you are tending towards over-stoutness below the belt, is the R.S. Patent Reducing Corset, which is sold for 10s. 6d. by Messrs. R. Scales & Co., Corset Specialists, Newark-on-Trent. This has an extra-strong elastic belt that supports the figure, yet makes it look much trimmer, and gradually reduces it. As you have bought a pair of light dumb-bells I shall be very pleased to give you directions for a few exercises from time to time, and here is one to begin upon, as it will have the effect of making your waist smaller: Take the bells, and let the arms hang at ease by your sides, stand with heels together and head held well up, chest arched; take a long breath until you draw in your abdomen, then send your left foot out to the left, and without bending your knee, carry the bell in your left hand down to your left ankle (or as near to it as you can get), and bring the right-hand bell into your right armpit. Stand in first erect position, send right foot out to the right, try to touch right ankle with right-hand bell, and bring the left-hand bell into left armpit. Repeat a dozen times, taking a long breath between each repeat.

SAMBINO.—When children are quite young their noses, if the nostrils are too spread, can be improved in shape by means of finger and thumb massage; but at your age this would not be effectual, and your best plan will be to get a Patent Nose Machine from Mr. W. Lees Ray, 10E, Central Chambers, Liverpool, and to wear this during the night.

Your patterns are all so well cut, it is always a pleasure to use them."—C. L. G.

PEACH'S CURTAINS

CATALOGUE DE LUXE FREE.—The name of PEACH stands for Actual Makers and Economy. **Satisfaction** and **substantial savings** in buying through PEACH'S Catalogue. All kinds of Home Furnishing Fabrics. LACE CURTAINS, SWISS CURTAINS, MADRAS MUSLINS, CASEMENT FABRICS, TABLE LINENS, HOSIERY, LACES, &c. Each year a new mark is set in producing Curtains of **artistic taste** and **exclusive styles.** Send for Catalogue and see the results of the efforts put forth this season.

S. PEACH & SONS (Dept. 133), The Looms, NOTTINGHAM.

The "RS" Patent Reducing CORSET,

With Extra Strong Elastic Belt, which binds the figure, reducing and supporting the same as no ordinary corset possibly can.

BLACK, WHITE, or DOVE.

Real **10/6** *Whalebone.*

EXTRA QUALITY—

Black, **21/-**, White or Dove, **18/6.**

Sizes stocked, 19 36in. Over 30in. waist, 4d. per inch extra.

Each Corset a Perfect Fit, if not we exchange and make a pair with any alterations required, 1/6 extra. Sent post free on receipt of waist size and P.O. Colonial Orders, 1/6 extra. Illustrated List post free.

R. SCALES & Co.,
Corset Specialists,
Newark-on-Trent, England.

SPECIAL FREE OFFER.

(ELECTROLYSIS HOME TREATMENT.)

I want to place a copy of my Book, **"The Face Perfect,"** *in the hands of every woman who is a sufferer from this dread scourge of superfluous hair. If you are anxious to rid yourself for ever of your disfigurement, this book will show you how it is possible. Write to-day, I give all letters addressed to me my personal and strictly confidential attention.*

Madame TENSFELDT,
122H, Princes Street, EDINBURGH.

2/- INSURES YOUR COMPLEXION

Dr. HARLAN'S BEAUTY-CUP MASSAGE

For the Face, Neck, Arms and Body.

"No one who owns this wonderful little Cup need have any fear of wrinkles or Blackheads."

Reg. Trade Mark. "Neu-Vita."

The simplicity of this scientific system of self-applied massage, and the speed with which it clears the complexion, are almost beyond belief. A single soothing application produces remarkable results. Blackheads in many cases are banished in 60 seconds. It pumps impurities out of the blood by atmospheric pressure, rounds out the cheeks, arms and neck, and plumps the waste places in the body with wonderful rapidity. Acts directly on the circulation and feeds fresh pure blood to the tissues, making the flesh firm and fair, and the skin soft and satiny. *Dr. Harlan's Beauty-Cup,* price **2/-** of your dealer, or sent in plain wrapper—with **FREE Book, "Beauty and Health" Secrets of Priceless Value**—to any address for **2/1** P.O. (abroad **2/6** M.O.). Hundreds of testimonials. Call or write—**M. HARLAN, NEU-VITA HYGIENIC INST., 1-117, Exchange Bldg., Southwark St., London.** (Agents Wanted.)

FRAISELINE

prevents the ill effects of **cold** and **East wind,** is invaluable to **MOTORISTS, GOLFERS,** and all indulging in outdoor sport; may be used for **children,** and on the **most delicate skin. 3/6** and **6/6** a bottle. Sample bottle, **6d.** post free.

Address, **Manageress,**
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THE DRESSMAKERS' CHART and CUTTER.—A boon to Dressmakers with which you can cut out a Dress Bodice, Coat or Corset in a few minutes. Chart, with full instructions and diagrams, post paid, **3s.** Agents wanted.—Mrs. DOBSON, School of Dressmaking, 35, Huskisson Street, Liverpool.

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Noses.—The only patent Nose machines in the world. Improve ugly noses of all kinds. Scientific yet simple. Can be worn during sleep. Send stamped envelope for full particulars.

Red Noses.—My long-established medically approved Treatment absolutely Cures Red Noses. **3/9** post free. Foreign, **1/6** extra.

Ugly Ears.—The Rubber Ear Caps, invented by Lees Ray, remedy ugly outstanding ears. Hundreds of successful cases. **7/6** post free. Foreign **1/6** ex.—**W. LEES RAY, 10E Central Chambers, Liverpool.**

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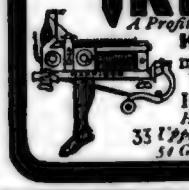

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Each Number contains **Twenty-four Pages** of well-illustrated and well-written Articles and Information on

The Management of the Home, Furnishing, Dress and Fashion, Practical Dressmaking.

COMPLETE SHORT STORIES.

If you need helpful articles on subjects of interest to Women and Girls, read

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DR. DAVIS'S FAMOUS PILLS

have been universally admitted to be a boon. They are the best-known remedy for Anæmia, Giddiness, Loss of Appetite, Hysteria, Debility, Depression, Weakness. Boxes, 9½d., 1/1½, 2/9, 4/6, and 11/-. To be obtained from Chemists and Patent Medicine Vendors everywhere, or direct from the Proprietor, 309, Portobello Road, Notting Hill, W. Send for free sample and invaluable booklet.

LADIES. LADIES.

MRS. STAFFORD-BROOKES, the Eminent Lady Specialist, has much pleasure in announcing that her REMEDY for restoring health WITHOUT MEDICINE is the only positive, safe, certain, and speedy one known. It acts almost immediately, and does not interfere with household duties. I guarantee every case.

Send at once stamped addressed envelope for full particulars and most convincing testimonials (Guaranteed Genuine under a penalty of £1,000) to Mrs. STAFFORD-BROOKES (25 Dept.), Catford, London, S.E.

Oatine

The Real Beautifier.

IF you want to preserve the softness, the elasticity, the bloom of your skin, you should use **OATINE.**

OATINE is made from the pure healing oils extracted from the finest Oats—and **YOU KNOW** the value of Oats for your skin.

Washing with Oatmeal water was the old habit of preserving the complexion. Washing with **OATINE** is the habit now.

OATINE is better—more efficient—more active. It gets down into the pores and removes the dust and dirt which soap and water cannot touch. It contains no chemicals or animal fats, and will never turn bad.

OATINE is invaluable for Sunburn.

A FREE SAMPLE OF Oatine FACE CREAM

will be sent to all applicants, together with a copy of our book, "BEAUTY HINTS"; or send 3d. for a box containing samples of eight different preparations.

THE OATINE CO.,
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The Free patterns given with the February number of . . .

"MYRA'S JOURNAL"

were :—

1. New Cross-over Skirt.
2. Russian Coat for the Spring.
3. New Adaptable Blouse.
4. Girl's new Breeches.

The January number contained Free patterns of :—

1. Lapped Umbrella Skirt.
2. Smart Shirt Blouse.
3. Afternoon or Theatre Blouse.
4. Girl's Winter Coat.

Copies of these numbers can be had price 3d. each (postage 2d.).

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A HEALTHY COMPLEXION

Can only be secured by a healthy state of body.

Indigestion, Anæmia, Liver Troubles cause ugly blotches and pimples.

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Stimulate the digestive organs, rouse the liver, purify the blood, and give renewed vigour, bringing the colour of health and a clear complexion.

See that you get WHELPTON'S, and do not accept anything **"just as good."**

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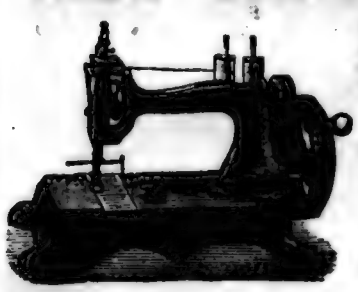

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SHOPPING BY POST.

THE BRADFORD MANUFACTURING CO.'S SPRING NOVELTIES.

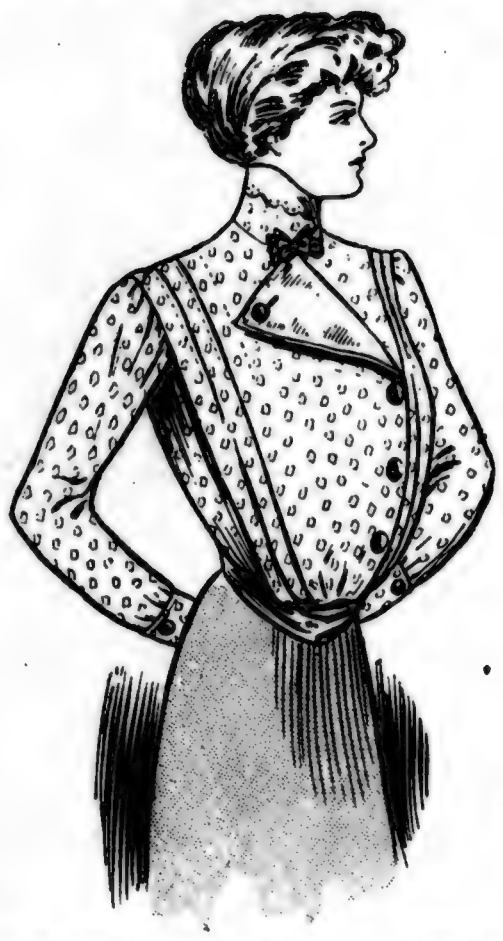
There is now no time to lose if we want our spring costumes by Easter, and all women should look carefully through our beautiful fashion styles, make up her mind which she would like to have, and send for patterns of materials to decide which will best build the selected design, according to ways and means. Styles change so frequently that women daily prefer to select fabrics which are new in colouring, &c., dainty in appearance, and not too expensive. It is not always easy to secure style and economy, but the Bradford Manufacturing Co.'s new materials meet both requisites. There are some beautiful all-wool suitings in the newest colourings, double-width, from 1s. 11d. the yard. A fabric to be noted for blouses and gowns is the quite new Shan-Sin, an all-wool Resilda, which looks just like Shantung silk. It wears beautifully and never creases. It is only 2s. 6d. the yard, and is 42 inches wide. It can be had in all colourings. The silk stripe crêpes are charming (2s. 3d.), 40 inches wide. Mousseline de laine is to be so fashionable that patterns of these should be sent for in the new shades and designs. The dainty wool crêpes de chine (charmingly pretty) are only 1s. 8d. the yard, 41-42 inches wide. A large box of patterns will be sent on application, and these should be sent for at once. We will speak of them in more detail next month.

The blouse fabrics are specially pretty, and so moderate in price. Serges and tweeds, for coats and gowns, are in the newest colourings, at all prices. A large box of patterns will be sent by return of post.

WASHING AT HOME.

Dainty underwear and blouses are often so cruelly treated at laundries that washing at home is becoming more and more general, not only in the country, but in town suburbs where there is sufficient ground to dry the clothes. A large family wash can easily be managed with proper appliances, and much money can be saved by purchasing at once a "Vowel" Washing Machine. A sufficiently large one can be bought for £4 7s. 6d. It is easily and quickly worked, and is a very durable, well-made machine, containing—as well as washing—wringing and mangling apparatus. In some of the machines all these apparatus can be worked from one side—a great advantage if space is limited. Ladies should send for the price list, which will show them laundry and dairy time-savers of moderate price, which make the busy housewife's mouth water. The price list will be sent, post free, from the proprietors, Thomas Bradford and Company, 141 and 142, High Holborn, London. They have show rooms not only in London, but in Liverpool and Manchester.

Mrs. S. A. Allen's
World's
Hair Restorer.
Never Fails.
Quickly changes gray hair to its natural colour.
It is not an experiment but has been in use for over sixty years throughout the civilised world. It is the best, and the best is always the cheapest.
Cut this advt. out and send it, with P.O.O. or stamps 4s., to 114, Southampton Row, London, and a FULL-SIZED LARGE BOTTLE will be sent CARRIAGE PAID, anywhere in the United Kingdom. OR.



No. 9013.—Blouse of Mousseline de Laine.

Very pretty model, double-breasted. The revers faced with silk. Fronts and back are tucked (tucks wheelmarked on pattern).

Price of Paper Pattern, 6½*d.*, *post free*, *of* Madame Myra, 10 *and* 11, *Fetter Lane*, *E.C.*

SILKS AND BLOUSE FABRICS.

From Mr. Robinson Brown's, The Royal Silk Warehouse (Department 46), Macclesfield, patterns of the newest silks and satins can be had in profusion by return of post. The new satins, of soft, drapable type, are well represented at most moderate prices, and there is a host of soft crêpe, silk, and woollen fabrics—white and all shades—for smart blouses, plain, striped, daintily patterned. We shall have something more to say of these pretty fabrics (and of Mr. Robinson Brown's exquisite collection of mousselines de laine) next month.

SOUTH DEVON SERGES.

Perhaps never before have so many serges been made up—not only the fine and ordinary kinds, but coarse-rib serges of handsome appearance. For excellent serge of all kinds one cannot do better than write off to the South Devon Serge and Blanket Warehouse, Teignmouth, Devon. Patterns will be sent by return. Beautiful blankets can be purchased here on the most advantageous terms, and it is advisable to ask for a blanket price list when writing for the serge patterns.

No. 9014.—A Satin Blouse.

It has lace yoke, and left front is decorated with little lace frills. Right front apparently crosses over with straps and buttons. Blouse closes at back.

Price of Paper Pattern, 6½*d.*, *post free*, *of* Madame Myra, 10 *and* 11, *Fetter Lane*, *E.C.*

REVIEWS.

Messrs. Simpkin. Marshall, Hamilton, Kent and Co., Limited, publish a series of very attractive little cookery books, by Rose Brown, M.C.A., at sixpence each. The harassed housewife will appreciate equally "One Hundred and One Recipes for Using up Cold Meats," and "One Hundred and One Dainties for Tea." The little books are very daintily got up, and would make charming little keepsakes for girls.

Our paper is so widely read in country vicarages, where the vicar's wife or daughter acts as organist or choirmaster, that our readers will be glad to hear of a beautiful "Communion Service in F," by P. de Soyres. It was originally written for female voices, but now has been arranged for four voices (male and female). It is extremely effective, solemn, and melodious, and is devoid of any real difficulty. It is published by Stainer, Bell, and Co., 28, Berners Street, London, W., price 9d.

"I am delighted with your journal and shall take it regularly."—H. P

Prize Recipes and Household Hints.

NOTE.—All recipes and hints intended for competition must be sent to Mrs. Hope, 10 and 11, Fetter Lane, E.C. They should not be included in envelopes containing queries for other departments, as that entails considerable delay.

Competitors are requested to write each hint or recipe on a separate sheet of paper and to write on one side of the paper only.

A coupon of the current number of MYRA is essential, and hints or recipes, however good, will not be considered unless accompanied by a coupon. L. HOPE.

PRIZE RECIPES.

A prize of 2s. 6d. has been awarded for each of the four following prize recipes —

RICE BUNS.—Put into a basin ¾lb of flour, 8oz ground rice, 1 heaped teaspoonful of baking powder, and a little grated lemon rind. Cream ¾lb of butter and lard with 6oz castor sugar, add 2 eggs, and beat altogether. Sift in gradually the dry ingredients. Butter some tins, half fill them, and bake in a quick oven for fifteen minutes. These buns will be found delicious for tea.—Miss O. SAMES, 15, Ann Street, Canton, Cardiff.

FIG PUDDING.—Shred finely ½lb figs, chop 6ozs. suet. Well mix with ½lb bread crumbs, 2ozs. brown sugar, 2 well beaten eggs, nutmeg or cinnamon to taste, and enough milk to make a moist paste. Steam 3½ hours. Lemon sauce to serve with pudding. Beat up an egg with a gill of water, add the juice and grated rind of a lemon, 2ozs. of sugar. Stir over the fire until thick.—Miss E. WHITE, The Green, Kingsthorpe, Northampton.

INVALID CAKE.—Ingredients: 3oz butter, 2oz castor sugar, ½ teaspoonful baking powder, 2 eggs, grated lemon rind, or essence, 3oz flour. Method: Beat the butter and sugar to a cream, then add the eggs and flour gradually, beat well, and add the baking powder; pour in a well greased tin and bake immediately for half an hour. Cost, 6d. Copied.—A. M. WILD, 161a, Bedford Hill, Balham, S.W.

ROSALIND PUDDING.—Line a mould with red jelly. This is done by pouring in some jelly first, then put a small mould or basin within about an inch of the bottom of the mould so as to form a space for the pudding to be poured in afterwards. Let the jelly come nearly to the top of the mould after the smaller one is put in. Make a blancmange of half a sixpenny packet of gelatine soaked in cold water. Boil half a pint of sweet milk, the same of cream, and two ounces of caster sugar. When it boils pour it over the gelatine and stir occasionally till cold, but not set. Add a little essence of ratafia. Draw out the shape you placed in the mould (the jelly must be quite set first); it will come out quite easily by pouring a little warm water in the small mould. Then put in a few preserved cherries and angelica, cut in small diamonds, with a little of the blancmange, and let it set; then the preserved fruit again, and so on alternately till you come to the top, over which pour some red jelly, let it set, and turn out on a glass dish. Have some red and white jelly broken small, and lay it round the edge of it.—Miss BEATRICE TEW, High Street, Epsom.

COMMENDED AND RECOMMENDED.

FISH PUDDING.—An economical and nourishing dish for an invalid. Butter and line with bread crumbs a small pudding basin. Boil and bone a whiting or other small fish. Put alternate layers of fish flakes and bread crumbs till basin is filled. Beat together one egg and a little milk with pepper and salt, and a few drops of lemon juice. Pour over the mixture, and steam for half-an-hour. The lemon juice may be omitted.—Leicester.

CHESTNUT SURPRISE (a French Recipe).—Boil some chestnuts in water until soft enough to peel. Flavour half a pint of milk with vanilla and sugar, put in the peeled chestnuts, and boil them until they are perfectly soft. Pass through a colander so that the mixture has all the appearance of vermicelli. Pile lightly on a glass dish, pouring a nicely flavoured custard round, or, if obtainable, some whipped cream.—LEWES.

FOUR PRIZES, EACH 2s. 6d.,
ARE AWARDED FOR THE
FOUR BEST COOKERY RECIPES.

FOUR PRIZES, EACH 2s. 6d.,
ARE AWARDED FOR THE
BEST HOUSEHOLD HINTS.

SAVOURY PUDDING (to accompany roast meat).—Soak 3oz bread crumbs in milk, squeeze very dry. Add to it 3oz flour or fine oatmeal, three large onions, previously boiled and chopped, 3oz finely shredded suet, a desertspoonful dried sage and a tiny bit of thyme, add pepper and salt to taste. Mix to a thick consistency with 2 eggs and a little milk. Bake in a moderate oven in a dripping tin. This is suitable for eating with duck, goose, or pork.—WALSALL.

SALTED ALMONDS.—Blanch the almonds in the usual way by pouring water over them, and removing the skins. Then to each cupful of almonds add a tablespoonful of pure olive oil. Stir them about well in this, and let them remain for an hour. Sprinkle each cupful with a tablespoonful of salt, and again stir well, until all are salted. Bake in a moderate oven until they are a delicate brown, shaking the pan occasionally.—Tunbridge Wells.

HOUSEHOLD HINTS.

A prize of 2s. 6d. has been awarded for each of the four following hints:—

INK-STAINS may be removed from linen by putting melted tallow on the mark and then washing the article. The ink and grease will come out together.—Mrs. SHEDDEN, 22, Belvedere Road, Walsall.

WASHING AN EIDERDOWN.—Make a lather of hot water and soap jelly, a heaped teaspoonful to the gallon, and a little liquid ammonia. Steep the quilt in this for a few minutes, then souse well up and down, and use a second or third lot of suds if necessary to get quite clean. Rinse in two lots of clean water, to which a little ammonia has been added, and put through wringer and in a windy place. Squeeze the bottom occasionally as the water drains down, and shake frequently.—Mrs. G. STEADMAN, 18, Albert Terrace, Whitby, Wigan.

TO WASH WHITE LACE.—Fold your lace up carefully, being very careful to pull out all the little points. Fold it backwards and make it into rather a thick pad. Then stitch it in place. Put this pad into a lather made with Lux or Sunlight. Press the lace in this lather until all the dirt has come out. Then put it into warm water which has been slightly blued. Then undo the tacking threads and spread out on an ironing cloth, being very careful to pull out all the points. Put a clean cloth over it and iron with a hot iron when still damp.—S. V. BURDETT, 22, Morton Crescent, Exmouth.

A WATERPROOF CANVAS.—Dissolve ½lb of ordinary yellow soap, cut in pieces, in quart of boiling water. Then stir in a gallon of boiled linseed oil, 6lb of yellow ochre, and 3oz of terebene. Mix thoroughly whilst hot, but allow to cool before applying to the canvas. Two or three coats will be necessary. Dry in a strong draught. If cleanliness is no object, a coating of Stockholm tar on canvas is a very effective dressing, but it remains more or less sticky.—Mrs. C. LEE, Cosy Hall, Sutton, co. Dublin.

COMMENDED AND RECOMMENDED.

TO CLEAN CLOTH.—The best way to clean and take spots out of cloth clothes is to sponge them with a mixture of equal parts of hot water and turpentine. Iron the parts when dry over a damp cloth.—Kingsthorpe, Northants.

A GOOD FURNITURE POLISH.—Equal quantities of linseed oil, turpentine, and vinegar. Mix the two first ingredients well before adding the vinegar.—Exmouth.

TO WATERPROOF BOOTS.—Warm a little mutton suet and beeswax together till liquid, then rub a little of this on the soles and all along the edges where the stitches are. This will keep out the wet, and will not prevent the blacking having the usual effect.—Tunbridge Wells.

TO MAKE A FIRE LAST WITHOUT COALS.—Take a newspaper and tear it into pieces large enough to crumple up into a hard ball about the size of a tennis ball. Make a pile of these balls, very tightly, and put them on the fire when it is fairly low, but still red. If done after breakfast the paper will last, and keep the fire in until luncheon time, as the tight paper balls take a very long time to burn through.—Warwick.

Patent Make

Supplied in a large variety of designs & prices.

Beautiful Embroidery Effects.

THE "ARISTON" CURTAIN

ARISTON PATENT ARISTON ARISTON

Each pair of "Ariston" Curtains has this band woven at the Top. None others are genuine.

Patent Make

The most perfect reproduction of Hand-made Goods.

Unequalled for Durability and Cleaning.

Correspondence.

RULES.

1. To be answered on this page in the next number, letters must reach us not later than the 1st of the month.

2. Queries (except on "Dress" and "Health and Personal Attention") must be accompanied by sixpence and a stamped addressed envelope. No notice will be taken if sent without, if to be answered by post.

3. In urgent cases, or if crowded out, all "Dress" answers will be sent by post, for which no charge will be made. No postal reply can be ensured unless a stamped and addressed envelope be enclosed.

4. Queries to be answered by post must be limited to three.

5. It is absolutely necessary that every letter should contain real name and full address. The space for correspondence is so limited that a large number of answers have to be sent by post. This is especially the case with "Dress," which requires prompt and often private replies. Only questions of general interest are answered in this page. Whether letters are to be answered by post or in these columns, the Correspondence Coupon, cut from the current number, must be enclosed.

DRESS AND HAIR-DRESSING.

Letters to be addressed to Madame Myra, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

(Owing to pressure of space all letters have been answered by post.)

GRAPHOLOGY.

All letters should be sent to "Grapho'ogist," Myra's Journal Office, 10 and 11, Fetter Lane, E.C.

(Continued from page 10.)

SILVER PEN.—You have the gift of imparting knowledge in a skilful manner to others. In reply to your queries. (1) You would make an excellent teacher. (2) Any historical subject. (3) A tendency to self-centredness, and cultivate a broader outlook and more courage. (4) Yes. (5) It is impossible to have too high an ideal in life, never lower your standard. (6) You are too self-analytical, learn to do things without such mental vivisection. (7) No, you are not a good judge of character; but are kind-hearted and logical.

HOPEFUL.—Care and attention to detail is shown by this writing. Your ideas are clear, but at present you lack the ability to express them fluently. You are very patient and would always endeavour to do your best. You should certainly get on, because you have the fighting courage so necessary to success—a fondness for outdoor life, and all the beauties of Nature are shown. You are ambitious and usually very reserved. Keep your aim always before you and strengthen your will.

REVRAC.—Indeed, many of my correspondents are "mere men," and I am always pleased to hear from them. A sense of order and lucidity of mind with attention to detail, are revealed by this writing. An unaffected nature, but one decidedly wanting in resolution. Very painstaking, and careful in all your work, and would be most conscientious and reliable. A kindly disposition and fond of friends. Much perception of beauty of form. Your ideals are high and you have the ability to succeed in life.

EMPLOYMENTS FOR LADIES.

Letters to be addressed to Miss Winifred Jones, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

(Continued from Page 37.)

CHILDREN'S DRESSMAKER (W. S.).—I received your notice for reinsertion, and I gave your address recently to a lady who wanted work done. I wonder if she wrote to you? People, however, often write long before they want anything actually made.

SMOCKING, CHILDREN'S WORK, &c. (A. S. E.).—It was a great pleasure to me to read your courteous, grateful letter. I am so pleased to hear that my correspondent gave you work to do, and that what you did gave her satisfaction, and that she has recommended you to some friends. Your work must be first-class or the society you mention would not take it. I can give you other addresses if you like. Notices for the Free Bargains column must not be sent to me. I have nothing to do with that. You omitted to enclose your printed Register notice for re-insertion. Be sure and send this each month, as an occasional is of little use. I am sure you must feel yours a very responsible position in your family, but I am also sure that you fill it very well. I shall always be glad to hear from you, and I wish you all success in 1910.

SMOCKING TO BE DONE, &c. (Mrs. D.).—Thank you for recommending my correspondent, whom I am glad to learn gave you satisfaction.

DRESSMAKER AT LADIES' HOUSES (G. S.).—I am putting you on my Register, and from what you say I am sure you are a capable worker. Your knowledge of upholstery would be useful too, so I have added that to your notice. The testimonial you enclose is very good, and if you would like it returned will you send a stamped envelope for it and I will return it to you. I got your card with the change of address. To appear in the January issue (which is published December 15th). Your letter should be at the office not later than November 25th, whereas it did not reach me till December 8th, much too late for that issue.

OPENING FOR CAKE SHOPS (E. L.).—I am rather dubious of such an undertaking being a success. I think if I were you I would rather try and sell my cakes, to begin with, from home. Some ladies I know built up quite a good business in this way. Whatever may be said, there are always a large number of people who are glad of home made things. Try advertisement to begin—a notice in our Register, and in "Hearth and Home" would probably be of use to you, and you will also find the recommendation of customers a valuable asset. I think it might be as well to try boarding schools (there are many in your vicinity), as nowadays they make a special feature of cuisine. Have a price list printed, and be absolutely business-like in your dealings.

DRESSMAKER AT TONBRIDGE (Mrs. H.).—Thank you for your letter and notice. The number should be *759* not 789, you will find it altered in this issue. I think you should congratulate yourself on having had work all the time, for trade has been in a bad way everywhere, and of course the ready-made costume business interferes with private dressmakers.

HAND-MADE LINGERIE (M. L. R.).—Your notice duly received. This is always a quiet time, and no doubt you will be busier later on.

DRESSMAKER (Mrs. M.).—I am very pleased to put you on my Register, and I have no doubt if you keep your notice in regularly you will find it most helpful like the majority of my readers. I am glad you give me a list of your charges. It is always wiser to do so, as it helps intending employers to gauge likely expenses.

UNFURNISHED ROOM WANTED IN LONDON (M. H.).—For a private reply six penny stamps and a stamped envelope must be enclosed. I advise you to go to a free library (you can see the addresses in the London Postal Directory) and look in the "Daily Telegraph," "Daily Chronicle," and "Daily Mail" for advertisements of unfurnished rooms. The "Kensington News" is a very good medium for cheap furnished and unfurnished rooms in Bayswater and Kensington. I advise you to get it. When you are settled I shall be pleased to put you on my Register.

LETTER FORWARDED (Mdme. E. W.).—I forwarded your letter to 753, and I should be glad to know if anything results.

RENOVATIONS (E. S.).—I duly received your notice. You do not say how you are getting on, but, I hope, well. I will not forget you should I have any likely inquiries. If only we get better weather things are sure to improve.

DRESSMAKER (Miss L., Kentish Town).—Surely you are an old correspondent? I am certain I sent you some customers a year or two ago, who were very pleased with your work. In any case I am glad to put your name on the Register.

FANCY WORK EMBROIDERY (B. G.).—I was glad to get your courteous letter and notice. I hope things may improve for all of us. You do not say how you are getting on now, but well, I hope. You may be sure I will remember you.

LETTER FORWARDED (Mrs. A.).—I sent your letter on to 754, and I should be glad to know the result, if any. It is such a help to me when my correspondents are kind enough to tell me the result of any negotiations that may take place, and when someone has found the work or worker they seek it is almost essential that I should know.

SUPERIOR COOK WANTED (J. M. L.).—Postcards are inadmissible, and it is not very courteous to send such a "stand and deliver" notice of your requirements. You ask for assistance of a gratuitous nature without the civilities that usually attend any request. I regret that I have no worker of the kind on my Register.

LADIES' AND CHILDREN'S DRESSMAKER (Miss W.).—Yes, that notice was yours, and no doubt the reply was one of the many crowded out owing to the great pressure on our columns. I will recommend you should opportunity offer.

LETTER FORWARDED (Mrs. H., Canterbury).—I think I remember you as a former correspondent. I forwarded your letter, and should like to know the result.

PLAIN NEEDLEWORK, EMBROIDERY, &c. (Miss U. T.).—No, names and addresses are never published under any circumstances in the Register. As regards needlework, nothing seems to pay so well as the making of really first-class lingerie, handmade, of course. If you are clever at this sort of work, I advise you to perfect yourself in it, for it is quite possible to make a living thus. The great thing, nowadays, seems to be to aim at some one branch, and to do that really well. All through life, to-day, is the note of specialisation, and the wise are those who shape their course accordingly.

ROMAN CATHOLIC TRAINING COLLEGE FOR LADY NURSES (Bob).—You will find what you want at St. Mary's Nursery College, Highgate Road, N.W. The course of training is six months, and the inclusive fee for board and residence is thirty guineas. You will get both practical and theoretical training there, including the care and feeding of infants up to five years old, the management of a nursery, nursery cookery, nursery laundry, cutting out and making of children's clothes. The theoretical subjects include hygiene, first aid, kindergarten, games, and songs. With regard to your second question, I believe that, in special cases, part of the fee for training of a suitable candidate may be granted from the College Loan Fund, this being repayable by instalments when a post is obtained.

(Owing to pressure of space many answers are crowded out.)

COUPONS.

Correspondents seeking advice on "Dress," "Health and Beauty," "Employments," &c., must enclose in their letters one or more (according to queries) of the following coupons cut from the current number:—

EMPLOYMENTS.
MARCH, 1910.

DRESS AND HAIRDRESSING.
MARCH, 1910.

HEALTH AND BEAUTY.
MARCH, 1910.

GRAPHOLOGY.
MARCH, 1910.

ETIQUETTE.
MARCH, 1910.

COOKERY & HOUSE MANAGEMENT.
MARCH, 1910.

OUR FREE BARGAIN COLUMNS.

Advertisements must reach the office of "Myra's Journal," 10, Fetter Lane, London, before the 1st of each month.

RULES.

1. *A PRIVATE ADVERTISEMENT OF TWELVE WORDS IS INSERTED FREE OF CHARGE. 3d. will be charged for every extra six words or portion of six words.*

2. *It is indispensable that the FREE BARGAIN COUPON should be cut from this paper and enclosed with each advertisement.*

3. *No responsibility is taken by us with regard to any sales or exchanges arranged, or to any remittances forwarded, nor can we interfere in any differences that may arise between parties to a bargain.*

4. *Payment of carriage for articles on sale or approval must be arranged between themselves by the parties.*

5. THE REPLY TO A NUMBERED ADVERTISEMENT MUST BE CONTAINED IN A BLANK STAMPED ENVELOPE, WHICH MUST BE FASTENED, AND HAVE THE DISTINGUISHING NUMBER OF THE ADVERTISEMENT CLEARLY WRITTEN UPON THE TOP RIGHT HAND.

This reply (or any number of them) must be enclosed in another stamped envelope, directed to the Editor, Free Bargain Columns, MYRA'S JOURNAL, *10 and 11, Fetter Lane, E.C., who will add the right name and address, and post it, and thus bring buyer and seller into communication.*

Advertisements must reach the office of this paper before the 1st of the month preceding date of issue.

Free Bargains Coupon.

Myra's Journal, March, 1910.

DRESS AND DRESSMAKERS.

DRESSMAKER.—Experienced; coat and skirts speciality.—Miss Connery, 45, Kenwyn Road, Clapham, S.W.

EVENING GOWNS RENOVATED. Children's dressmaker.—Miss Walwyn, 5, St. Anne's Road, Barnes.

DRESSMAKER, daily or at home; remodel, &c.—Miss Rees, 38, Nutford Place, Bryanstone Square, W.

DRESSMAKER, daily. Dresses, blouses, mantles, renovations.—Bates, 57, Ranelagh Road, South Belgravia, S.W.

DRESSMAKER, terms 3s. daily.—Jessie Andrews, 42, Alma Square, St. John's Wood.

REMNANTS.—Large assortment at very low prices. Dress and Blouse lengths also made up.—Mrs. F. v. Bebber, 22, Manchester Street, King's Cross, W.C.

KNITTING, stockings, socks; Crochet shawls, d'oyleys, netting.—Mongar, 4, Barrack Road, Hounslow.

DRESSMAKER, cut, fit, remodelling; ladies'; children's; reasonable.—Miss Gavy, 36, Ambler Road, Finsbury Park.

EXQUISITE INDIAN SHAWL in good condition. Deep fringe. Price £5. M3765

DRESSMAKER, daily or at home. Coats, skirts, evening dresses, &c.—Miss Connery, 292A, Streatham High Road.

Miss Leeson, COSTUMIER. Evening gowns, blouses, renovations. — 29, Stirling Street, Doncaster.

Madame Wright, COSTUMIER. Evening Gown Specialist, from Swan and Edgar. Charges moderate.—3, Priory Park Road, Kilburn.

Mrs. Wheeler, DRESS and MANTLE MAKER, 13, St. John's Road, Stamford Hill, N.

DRESSMAKER, experienced, daily or home.—Miss Willson, 77, Cloncurry Street, Fulham Park.

Miss Little, COSTUMIER and DRESSMAKER.—120, St. George's Road, Kemp Town, Brighton.

MILLINERY.

MILLINERY LESSONS; personal instruction; moderate terms; prospectus free.—W., 57, Upper Gloucester Place, Dorset Square, W.

ANTIQUES, BOOKS, MUSIC, FOREIGN STAMPS, PHOTOGRAPHY, &c.

BRITISH COLONIAL STAMPS.—Sixty varieties for 9d., including Falkland Islands, Seychelles, Grenada, Gwalior, Newfoundland, Travancore, and Hyderabad.—H. W. L., MYRA'S Office.

AN AMERICAN ORGAN, by "Smith American Organ Company," twelve stops, in good condition, cost £30. Suitable for a small Church or Mission Hall, price £12. - T. H. H., MYRA'S Office.

GENUINE ALBERT B-flat Clarionet, perfect condition, would suit a lady, half price, viz., £4; also an E-flat Clarionet, would suit a boy, by Dan Godfrey, listed £10, perfectly new, 3 guineas.—H. G., 82, St. Donatt's Road, New Cross.

SMITH AMERICAN ORGAN for Sale, price 6 guineas, delivered free within four miles of New Cross, S.E. It has nine stops and is as good as new. A bargain.—A. S. W., MYRA'S Office.

PAYING GUESTS, HOUSES, &c.

MUNDESLEY-ON-SEA, bracing, beautiful country cliffs, sands, sea. Bathing, cycling, golfing, boarding or apartments; select.—St. Margarets, Mundesley-on-Sea.

"ARDWELL," Chesham Bois, Bucks. Three minutes from common and close to post office and church. Chesham Bois stands 550ft. above the sea level. Lovely country. Bracing air. From 30s. to £2 2s. per week. Week ends arranged.—Miss Barber.

BOSCOMBE. — Comfortable board residence, or apartments; near sea. Highly recommended. — "Clarendon," Cecil Road, Boscombe, Bournemouth.

SUBSTANTIAL NON-BASEMENT RESIDENCE, 54, Hampden Road, Hornsey, London, N., to be sold. Conveniently situated within 3 mins. walk of Hornsey Station (G.N.R.), and within a similar distance of Electric Cars to Finsbury Park. The house is approached through a front garden by a tiled pathway. It has a frontage of 17ft. 6in., and a depth of 100 ft., and contains five bedrooms, fitted with good cupboards, bathroom, two reception rooms, kitchen, scullery, well-fitted coal houses, glass and summer houses. Good garden in rear. The property is in good repair. Held on lease, 73 years unexpired, at a ground rent of £7 10s. per annum. Price, including fittings, £365.—Write Owner, as above.

INVALID LADY or GENTLEMAN received. Good nursing. Private family.—The Valley, Scarbro.

MISCELLANEOUS.

LADIES COMBINGS mounted in tails, 1s. per oz. Frames, empire curls. Best workmanship.—Miss Rose, 2, Blackburn Road, West Hampstead.

A Lady will send PRESCRIPTION of excellent Hair Lotion on receipt of 2s.—A. Hunter, "News" Office, Bournemouth.

Loss of Hair stopped, new growth ensured by "Nutritive Cream," from old family receipt, 1s. 3d., post free; letters only.—Elma, c/o Stationer, 12, Clifton Road, Maida Hill, W.

THE DRESSMAKERS' CHART AND CUTTER.—A boon to Dressmakers with which you can cut out a Dress Bodice, Coat or Corset in a few minutes. Chart, with full instructions and diagrams, post paid, 3s. Agents wanted.—Mrs. Dobson, School of Dressmaking, 35, Huskisson Street, Liverpool.

DRESSMAKERS.

The Name and Address of any Dressmaker will be inserted free in this column provided the advertiser furnishes us with a Coupon for each announcement *each month*, and she states under which column she wishes her name to appear. *Please write distinctly.*

DRESSMAKERS' COUPON. MARCH, 1910.

LATEST TIME for ADVERTISEMENTS 1st of EACH MONTH

DRESSMAKING AT LADIES' HOUSES—

Miss J. Andrews, 42, Alma Square, St. John's Wood, N.W.
L. C. Andrews, 23, Kelvin Road, Highbury, N.
Miss Bates, 57, Ranelagh Road, South Belgravia, S.W.
Miss E. Chandler, 70, Kennington Road, S.E.
Miss Connery, 292a, Streatham High Road, S.W.
R. Crowley, 275, Fulham Road, South Kensington. (Side door.)
Miss A. Dryden, 62, Wellesley Road, Leytonstone, Essex.
Miss K. W. Dunkley, 59, Windsor Road, Ealing.
Mrs. England, 440, Edgware Road, W.
Miss Gavey, 36, Ambler Road, Finsbury Park.
Miss Gregory, 52, Wiltshire Road, Brixton, S.W.
R. Harvey, Oxford House, 329, Goldhawk Road, W.
Miss A. M. Howes, 23, Selsdon Road, South Croydon, Surrey.
Miss James, 56, Upham Park Road, Chiswick.
Miss Lenton, 28, Westmoreland Road, Talbot Road, W.
Miss Pearl, 18, Dunkeld Road, South Norwood.
N. Renè, 35, Harleyford Road, Vauxhall, S.W.
Miss Shepperd, Chelt Villa, Waterloo Road, Sutton, Surrey.
Miss Smith, 3, Pakeman Street, Holloway, N.
Miss Stanel, 22, North Farm Road, High Brooms, Tunbridge Wells.
Mrs. E. Willson, 77, Cloncurry Street, Fulham Park, Fulham, S.W.

LADIES' OWN MATERIALS MADE UP—

Miss Ambler, 14, Blomfield Street, Westbourne Square, Paddington, W.
Mrs. F. van Bebber, 22, Manchester St., Argyle Sq., King's Cross, W.C.
Miss Burnett, 7, Windsor Road, Holloway, N.
Miss Davidge, 7, Rabbits Road, Manor Park, Essex.
M. Davies, 19, Jedburgh Street, North Side, Clapham Common, S.W.
Miss Ellison, 97, Cathles Road, Balham Hill, S.W.
Mrs. I. Forrester, 3, Moxon House, Paradise Street, Marylebone, W.
F. Giles, 179, Hampstead Road, N.W.
Madame Goodwin, 96, Oxford Road, Lowestoft.
Miss Hauxwell, 16, Portland Gardens, Harringay, N.
Madam Helene, 11, Newcastle Rd., Church Rd., Wavertree, Liverpool.
Mrs. M. E. Horner, 70, Barden Road, Tonbridge.
Miss B. Howard, 32, Teddington Park Road, Teddington.
F. Jefferson, 2, Gladstone Street, Acomb, York.
Miss Maud Lee, 89, Warwick Street, Belgravia, S.W.
Miss Leeson, 29, Stirling Street, Doncaster.
Nellie Siegfried, 90, Dawes Road, Fulham, S.W.
E. Simeon, 1a, Northumberland Street, Marylebone Road, W.
Miss M. H. Vinter, 13, Osborne Villas, Hove, Sussex.
Miss Walwyn, 5, St. Ann's Road, Barnes.
Mrs. Wheeler, 13, St. John's Road, Stamford Hill, N.
Madame Emilie Wright, 3, Priory Park Road, Kilburn.

LADIES' AND CHILDREN'S MILLINERY—

Mrs. Bailey, 31, Riley Road, Brighton.
Watson Lewis, 17, Edgware Road, Marble Arch, W.
Madam Marion, 83, Sydenham Road, Sydenham, S.E.
Miss M. Owen, 2, Legg Street, Chelmsford, Essex.
Madame A. White, 299, King's Road, Chelsea, S.W.
Miss Whitehouse, 57, Upper Gloucester Place, Dorset Square, W.

LADIES' SHIRTS—

Madame Maree, Aldbourne, R.S.O., Swindon, Wilts.
Miss Ramage, 169A, Latchmere Road, Clapham Junction, S.W.
Florence Ratcliffe, 41, Blenheim Cres., Ladbroke Grove, Notting Hill, W.

PILLOW LACE MAKER—

Miss Kent-Johnson, Sharnbrook, Beds.

CORSETIERE—

Miss B. Sargent, 21, St. James's Road, Hastings.
Madame Marie Steer, 189, Prince of Wales Rd., Haverstock Hill, N.W.

FURS RENOVATED—

Miss Annie Blanch, 299, King's Road, Chelsea, S.W.
Mrs. Lindfield, 17, Powis Road, Brighton.

All Coupons must be received by the 1st of each month preceding date of issue.

Correspondence.

RULES.

1. To be answered on this page in the next number, letters must reach us not later than the 1st of the month.
2. Queries (except on "Dress" and "Health and Personal Attention") must be accompanied by sixpence and a stamped addressed envelope. No notice will be taken if sent without, if to be answered by post.
3. In urgent cases, or if crowded out, all "Dress" answers will be sent by post, for which no charge will be made. No postal reply can be ensured unless a stamped and addressed envelope be enclosed.
4. Queries to be answered by post must be limited to three.
5. It is absolutely necessary that every letter should contain real name and full address. The space for correspondence is so limited that a large number of answers have to be sent by post. This is especially the case with "Dress," which requires prompt and often private replies. Only questions of general interest are answered in this page. Whether letters are to be answered by post or in these columns, the Correspondence Coupon, cut from the current number, must be enclosed.

DRESS AND HAIR-DRESSING.

Letters to be addressed to Madame Myra, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

(Owing to pressure of space all letters have been answered by post.)

GRAPHOLOGY.

All letters should be sent to "Grapho'ogist," Myra's Journal Office, 10 and 11, Fetter Lane, E.C.

(Continued from page 10.)

SILVER PEN.—You have the gift of imparting knowledge in a skilful manner to others. In reply to your queries. (1) You would make an excellent teacher. (2) Any historical subject. (3) A tendency to self-centredness, and cultivate a broader outlook and more courage. (4) Yes. (5) It is impossible to have too high an ideal in life, never lower your standard. (6) You are too self-analytical, learn to do things without such mental vivisection. (7) No, you are not a good judge of character; but are kind-hearted and logical.

HOPEFUL.—Care and attention to detail is shown by this writing. Your ideas are clear, but at present you lack the ability to express them fluently. You are very patient and would always endeavour to do your best. You should certainly get on, because you have the fighting courage so necessary to success—a fondness for outdoor life, and all the beauties of Nature are shown. You are ambitious and usually very reserved. Keep your aim always before you and strengthen your will.

REVRAC.—Indeed, many of my correspondents are "mere men," and I am always pleased to hear from them. A sense of order and lucidity of mind with attention to detail, are revealed by this writing. An unaffected nature, but one decidedly wanting in resolution. Very painstaking, and careful in all your work, and would be most conscientious and reliable. A kindly disposition and fond of friends. Much perception of beauty of form. Your ideals are high and you have the ability to succeed in life.

EMPLOYMENTS FOR LADIES.

Letters to be addressed to Miss Winifred Jones, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

(Continued from Page 37.)

CHILDREN'S DRESSMAKER (W. S.).—I received your notice for reinsertion, and I gave your address recently to a lady who wanted work done. I wonder if she wrote to you? People, however, often write long before they want anything actually made.

SMOCKING, CHILDREN'S WORK, &c. (A. S. E.).—It was a great pleasure to me to read your courteous, grateful letter. I am so pleased to hear that my correspondent gave you work to do, and that what you did gave her satisfaction, and that she has recommended you to some friends. Your work must be first-class or the society you mention would not take it. I can give you other addresses if you like. Notices for the Free Bargains column must not be sent to me. I have nothing to do with that. You omitted to enclose your printed Register notice for re-insertion. Be sure and send this each month, as an occasional is of little use. I am sure you must feel yours a very responsible position in your family, but I am also sure that you fill it very well. I shall always be glad to hear from you, and I wish you all success in 1910.

SMOCKING TO BE DONE, &c. (Mrs. D.).—Thank you for recommending my correspondent, whom I am glad to learn gave you satisfaction.

DRESSMAKER AT LADIES' HOUSES (G. S.).—I am putting you on my Register, and from what you say I am sure you are a capable worker. Your knowledge of upholstery would be useful too, so I have added that to your notice. The testimonial you enclose is very good, and if you would like it returned will you send a stamped envelope for it and I will return it to you. I got your card with the change of address. To appear in the January issue (which is published December 15th). Your letter should be at the office not later than November 25th, whereas it did not reach me till December 8th, much too late for that issue.

OPENING FOR CAKE SHOPS (E. L.).—I am rather dubious of such an undertaking being a success. I think if I were you I would rather try and sell my cakes, to begin with, from home. Some ladies I know built up quite a good business in this way. Whatever may be said, there are always a large number of people who are glad of home made things. Try advertisement to begin—a notice in our Register, and in "Hearth and Home" would probably be of use to you, and you will also find the recommendation of customers a valuable asset. I think it might be as well to try boarding schools (there are many in your vicinity), as nowadays they make a special feature of cuisine. Have a price list printed, and be absolutely business-like in your dealings.

DRESSMAKER AT TONBRIDGE (Mrs. H.).—Thank you for your letter and notice. The number should be *759* not 789, you will find it altered in this issue. I think you should congratulate yourself on having had work all the time, for trade has been in a bad way everywhere, and of course the ready-made costume business interferes with private dressmakers.

HAND-MADE LINGERIE (M. L. R.).—Your notice duly received. This is always a quiet time, and no doubt you will be busier later on.

DRESSMAKER (Mrs. M.).—I am very pleased to put you on my Register, and I have no doubt if you keep your notice in regularly you will find it most helpful like the majority of my readers. I am glad you give me a list of your charges. It is always wiser to do so, as it helps intending employers to gauge likely expenses.

UNFURNISHED ROOM WANTED IN LONDON (M. H.).—For a private reply six penny stamps and a stamped envelope must be enclosed. I advise you to go to a free library (you can see the addresses in the London Postal Directory) and look in the "Daily Telegraph," "Daily Chronicle," and "Daily Mail" for advertisements of unfurnished rooms. The "Kensington News" is a very good medium for cheap furnished and unfurnished rooms in Bayswater and Kensington. I advise you to get it. When you are settled I shall be pleased to put you on my Register.

LETTER FORWARDED (Mdme. E. W.).—I forwarded your letter to 753, and I should be glad to know if anything results.

RENOVATIONS (E. S.).—I duly received your notice. You do not say how you are getting on, but, I hope, well. I will not forget you should I have any likely inquiries. If only we get better weather things are sure to improve.

DRESSMAKER (Miss L., Kentish Town).—Surely you are an old correspondent? I am certain I sent you some customers a year or two ago, who were very pleased with your work. In any case I am glad to put your name on the Register.

FANCY WORK EMBROIDERY (B. G.).—I was glad to get your courteous letter and notice. I hope things may improve for all of us. You do not say how you are getting on now, but well, I hope. You may be sure I will remember you.

LETTER FORWARDED (Mrs. A.).—I sent your letter on to 754, and I should be glad to know the result, if any. It is such a help to me when my correspondents are kind enough to tell me the result of any negotiations that may take place, and when someone has found the work or worker they seek it is almost essential that I should know.

SUPERIOR COOK WANTED (J. M. L.).—Postcards are inadmissible, and it is not very courteous to send such a "stand and deliver" notice of your requirements. You ask for assistance of a gratuitous nature without the civilities that usually attend any request. I regret that I have no worker of the kind on my Register.

LADIES' AND CHILDREN'S DRESSMAKER (Miss W.).—Yes, that notice was yours, and no doubt the reply was one of the many crowded out owing to the great pressure on our columns. I will recommend you should opportunity offer.

LETTER FORWARDED (Mrs. H., Canterbury).—I think I remember you as a former correspondent. I forwarded your letter, and should like to know the result.

PLAIN NEEDLEWORK, EMBROIDERY, &c. (Miss U. T.).—No, names and addresses are never published under any circumstances in the Register. As regards needlework, nothing seems to pay so well as the making of really first-class lingerie, handmade, of course. If you are clever at this sort of work, I advise you to perfect yourself in it, for it is quite possible to make a living thus. The great thing, nowadays, seems to be to aim at some one branch, and to do that really well. All through life, to-day, is the note of specialisation, and the wise are those who shape their course accordingly.

ROMAN CATHOLIC TRAINING COLLEGE FOR LADY NURSES (Bob).—You will find what you want at St. Mary's Nursery College, Highgate Road, N.W. The course of training is six months, and the inclusive fee for board and residence is thirty guineas. You will get both practical and theoretical training there, including the care and feeding of infants up to five years old, the management of a nursery, nursery cookery, nursery laundry, cutting out and making of children's clothes. The theoretical subjects include hygiene, first aid, kindergarten, games, and songs. With regard to your second question, I believe that, in special cases, part of the fee for training of a suitable candidate may be granted from the College Loan Fund, this being repayable by instalments when a post is obtained.

(Owing to pressure of space many answers are crowded out.)

COUPONS.

Correspondents seeking advice on "Dress," "Health and Beauty," "Employments," &c., must enclose in their letters one or more (according to queries) of the following coupons cut from the current number:—

EMPLOYMENTS.
MARCH, 1910.

DRESS AND HAIRDRESSING.
MARCH, 1910.

HEALTH AND BEAUTY.
MARCH, 1910.

GRAPHOLOGY.
MARCH, 1910.

ETIQUETTE.
MARCH, 1910.

COOKERY & HOUSE MANAGEMENT.
MARCH, 1910.

"The Princess Dress Pattern was a splendid fit."—J. I.

OUR FREE BARGAIN COLUMNS.

Advertisements must reach the office of "Myra's Journal," 10, Fetter Lane, London, before the 1st of each month.

RULES.

1. *A PRIVATE ADVERTISEMENT OF TWELVE WORDS IS INSERTED FREE OF CHARGE. 3d. will be charged for every extra six words or portion of six words.*

2. *It is indispensable that the FREE BARGAIN COUPON should be cut from this paper and enclosed with each advertisement.*

3. *No responsibility is taken by us with regard to any sales or exchanges arranged, or to any remittances forwarded, nor can we interfere in any differences that may arise between parties to a bargain.*

4. *Payment of carriage for articles on sale or approval must be arranged between themselves by the parties.*

5. THE REPLY TO A NUMBERED ADVERTISEMENT MUST BE CONTAINED IN A BLANK STAMPED ENVELOPE, WHICH MUST BE FASTENED, AND HAVE THE DISTINGUISHING NUMBER OF THE ADVERTISEMENT CLEARLY WRITTEN UPON THE TOP RIGHT HAND.

This reply (or any number of them) must be enclosed in another stamped envelope, directed to the Editor, Free Bargain Columns, MYRA'S JOURNAL, *10 and 11, Fetter Lane, E.C., who will add the right name and address, and post it, and thus bring buyer and seller into communication.*

Advertisements must reach the office of this paper before the 1st of the month preceding date of issue.

Free Bargains Coupon.

Myra's Journal, March, 1910.

DRESS AND DRESSMAKERS.

DRESSMAKER.—Experienced; coat and skirts speciality.—Miss Connery, 45, Kenwyn Road, Clapham, S.W.

EVENING GOWNS RENOVATED. Children's dressmaker.—Miss Walwyn, 5, St. Anne's Road, Barnes.

DRESSMAKER, daily or at home; remodel, &c.—Miss Rees, 38, Nutford Place, Bryanstone Square, W.

DRESSMAKER, daily. Dresses, blouses, mantles, renovations.—Bates, 57, Ranelagh Road, South Belgravia, S.W.

DRESSMAKER, terms 3s. daily.—Jessie Andrews, 42, Alma Square, St. John's Wood.

REMNANTS.—Large assortment at very low prices. Dress and Blouse lengths also made up.—Mrs. F. v. Bebber, 22, Manchester Street, King's Cross, W.C.

KNITTING, stockings, socks; Crochet shawls, d'oyleys, netting.—Mongar, 4, Barrack Road, Hounslow.

DRESSMAKER, cut, fit, remodelling; ladies'; children's; reasonable.—Miss Gavy, 36, Ambler Road, Finsbury Park.

EXQUISITE INDIAN SHAWL in good condition. Deep fringe. Price £5. M3765

DRESSMAKER, daily or at home. Coats, skirts, evening dresses, &c.—Miss Connery, 292A, Streatham High Road.

Miss Leeson, COSTUMIER. Evening gowns, blouses, renovations. — 29, Stirling Street, Doncaster.

Madame Wright, COSTUMIER. Evening Gown Specialist, from Swan and Edgar. Charges moderate.—3, Priory Park Road, Kilburn.

Mrs. Wheeler, DRESS and MANTLE MAKER, 13, St. John's Road, Stamford Hill, N.

DRESSMAKER, experienced, daily or home.—Miss Willson, 77, Cloncurry Street, Fulham Park.

Miss Little, COSTUMIER and DRESSMAKER.—120, St. George's Road, Kemp Town, Brighton.

MILLINERY.

MILLINERY LESSONS; personal instruction; moderate terms; prospectus free.—W., 57, Upper Gloucester Place, Dorset Square, W.

ANTIQUES, BOOKS, MUSIC, FOREIGN STAMPS, PHOTOGRAPHY, &c.

BRITISH COLONIAL STAMPS.—Sixty varieties for 9d., including Falkland Islands, Seychelles, Grenada, Gwalior, Newfoundland, Travancore, and Hyderabad.—H. W. L., MYRA's Office.

AN AMERICAN ORGAN, by "Smith American Organ Company," twelve stops, in good condition, cost £30. Suitable for a small Church or Mission Hall, price £12. - T. H. H., MYRA's Office.

GENUINE ALBERT B-flat Clarionet, perfect condition, would suit a lady, half price, viz., £4; also an E-flat Clarionet, would suit a boy, by Dan Godfrey, listed £10, perfectly new, 3 guineas.—H. G., 82, St. Donatt's Road, New Cross.

SMITH AMERICAN ORGAN for Sale, price 6 guineas, delivered free within four miles of New Cross, S.E. It has nine stops and is as good as new. A bargain.—A. S. W., MYRA's Office.

PAYING GUESTS, HOUSES, &c.

MUNDESLEY-ON-SEA, bracing, beautiful country cliffs, sands, sea. Bathing, cycling, golfing, boarding or apartments; select.—St. Margarets, Mundesley-on-Sea.

"ARDWELL," Chesham Bois, Bucks. Three minutes from common and close to post office and church. Chesham Bois stands 550ft. above the sea level. Lovely country. Bracing air. From 30s. to £2 2s. per week. Week ends arranged.—Miss Barber.

BOSCOMBE. — Comfortable board residence, or apartments; near sea. Highly recommended. — "Clarendon," Cecil Road, Boscombe, Bournemouth.

SUBSTANTIAL NON-BASEMENT RESIDENCE, 54, Hampden Road, Hornsey, London, N., to be sold. Conveniently situated within 3 mins. walk of Hornsey Station (G.N.R.), and within a similar distance of Electric Cars to Finsbury Park. The house is approached through a front garden by a tiled pathway. It has a frontage of 17ft. 6in., and a depth of 100 ft., and contains five bedrooms, fitted with good cupboards, bathroom, two reception rooms, kitchen, scullery, well-fitted coal houses, glass and summer houses. Good garden in rear. The property is in good repair. Held on lease, 73 years unexpired, at a ground rent of £7 10s. per annum. Price, including fittings, £365.—Write Owner, as above.

INVALID LADY or GENTLEMAN received. Good nursing. Private family.—The Valley, Scarbro.

MISCELLANEOUS.

LADIES COMBINGS mounted in tails, 1s. per oz. Frames, empire curls. Best workmanship.—Miss Rose, 2, Blackburn Road, West Hampstead.

A Lady will send PRESCRIPTION of excellent Hair Lotion on receipt of 2s.—A. Hunter, "News" Office, Bournemouth.

Loss of Hair stopped, new growth ensured by "Nutritive Cream," from old family receipt, 1s. 3d., post free; letters only.—Elma, c/o Stationer, 12, Clifton Road, Maida Hill, W.

THE DRESSMAKERS' CHART AND CUTTER.—A boon to Dressmakers with which you can cut out a Dress Bodice, Coat or Corset in a few minutes. Chart, with full instructions and diagrams, post paid, 3s. Agents wanted.—Mrs. Dobson, School of Dressmaking, 35, Huskisson Street, Liverpool.

DRESSMAKERS.

The Name and Address of any Dressmaker will be inserted free in this column provided the advertiser furnishes us with a Coupon for each announcement *each month*, and she states under which column she wishes her name to appear. *Please write distinctly.*

DRESSMAKERS' COUPON. MARCH, 1910.

LATEST TIME for ADVERTISEMENTS 1st of EACH MONTH

DRESSMAKING AT LADIES' HOUSES—

Miss J. Andrews, 42, Alma Square, St. John's Wood, N.W.
L. C. Andrews, 23, Kelvin Road, Highbury, N.
Miss Bates, 57, Ranelagh Road, South Belgravia, S.W.
Miss E. Chandler, 70, Kennington Road, S.E.
Miss Connery, 292a, Streatham High Road, S.W.
R. Crowley, 275, Fulham Road, South Kensington. (Side door.)
Miss A. Dryden, 62, Wellesley Road, Leytonstone, Essex.
Miss K. W. Dunkley, 59, Windsor Road, Ealing.
Mrs. England, 440, Edgware Road, W.
Miss Gavey, 36, Ambler Road, Finsbury Park.
Miss Gregory, 52, Wiltshire Road, Brixton, S.W.
R. Harvey, Oxford House, 329, Goldhawk Road, W.
Miss A. M. Howes, 23, Selsdon Road, South Croydon, Surrey.
Miss James, 56, Upham Park Road, Chiswick.
Miss Lenton, 28, Westmoreland Road, Talbot Road, W.
Miss Pearl, 18, Dunkeld Road, South Norwood.
N. Renè, 35, Harleyford Road, Vauxhall, S.W.
Miss Shepperd, Chelt Villa, Waterloo Road, Sutton, Surrey.
Miss Smith, 3, Pakeman Street, Holloway, N.
Miss Stanel, 22, North Farm Road, High Brooms, Tunbridge Wells.
Mrs. E. Willson, 77, Cloncurry Street, Fulham Park, Fulham, S.W.

LADIES' OWN MATERIALS MADE UP—

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Miss Burnett, 7, Windsor Road, Holloway, N.
Miss Davidge, 7, Rabbits Road, Manor Park, Essex.
M. Davies, 19, Jedburgh Street, North Side, Clapham Common, S.W.
Miss Ellison, 97, Cathles Road, Balham Hill, S.W.
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F. Giles, 179, Hampstead Road, N.W.
Madame Goodwin, 96, Oxford Road, Lowestoft.
Miss Hauxwell, 16, Portland Gardens, Harringay, N.
Madam Helene, 11, Newcastle Rd., Church Rd., Wavertree, Liverpool.
Mrs. M. E. Horner, 70, Barden Road, Tonbridge.
Miss B. Howard, 32, Teddington Park Road, Teddington.
F. Jefferson, 2, Gladstone Street, Acomb, York.
Miss Maud Lee, 89, Warwick Street, Belgravia, S.W.
Miss Leeson, 29, Stirling Street, Doncaster.
Nellie Siegfried, 90, Dawes Road, Fulham, S.W.
E. Simeon, 1a, Northumberland Street, Marylebone Road, W.
Miss M. H. Vinter, 13, Osborne Villas, Hove, Sussex.
Miss Walwyn, 5, St. Ann's Road, Barnes.
Mrs. Wheeler, 13, St. John's Road, Stamford Hill, N.
Madame Emilie Wright, 3, Priory Park Road, Kilburn.

LADIES' AND CHILDREN'S MILLINERY—

Mrs. Bailey, 31, Riley Road, Brighton.
Watson Lewis, 17, Edgware Road, Marble Arch, W.
Madam Marion, 83, Sydenham Road, Sydenham, S.E.
Miss M. Owen, 2, Legg Street, Chelmsford, Essex.
Madame A. White, 299, King's Road, Chelsea, S.W.
Miss Whitehouse, 57, Upper Gloucester Place, Dorset Square, W.

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Madame Maree, Aldbourne, R.S.O., Swindon, Wilts.
Miss Ramage, 169A, Latchmere Road, Clapham Junction, S.W.
Florence Ratcliffe, 41, Blenheim Cres., Ladbroke Grove, Notting Hill, W.

PILLOW LACE MAKER—

Miss Kent-Johnson, Sharnbrook, Beds.

CORSETIERE—

Miss B. Sargent, 21, St. James's Road, Hastings.
Madame Marie Steer, 189, Prince of Wales Rd., Haverstock Hill, N.W.

FURS RENOVATED—

Miss Annie Blanch, 299, King's Road, Chelsea, S.W.
Mrs. Lindfield, 17, Powis Road, Brighton.

All Coupons must be received by the 1st of each month preceding date of issue.

Have you seen the new "LOUIS" CHIFFON VEL-DUVET? Unequalled for Lustre and Brilliancy of Finish!

The "Louis" Velveteen

Spelt L-O-U-I-S

MADE IN ALL THE POPULAR SHADES & COLOURS.

Has the Appearance of a **Beautiful Silk Velvet!** and lasts longer.

Ladies experiencing difficulty in obtaining "LOUIS" Velveteen are requested to write to the Manufacturer, 87, Newton St., Piccadilly, Manchester, who will furnish the address of the nearest Draper supplying it.

ASK FOR **Newey's** SOLID NICKEL HOOKS & EYES

Cannot rust or tarnish, or come unfastened in wear Without exception the most perfect Hooks and Eyes made. Your draper sells them - your dressmaker can get them. Ask to-day.

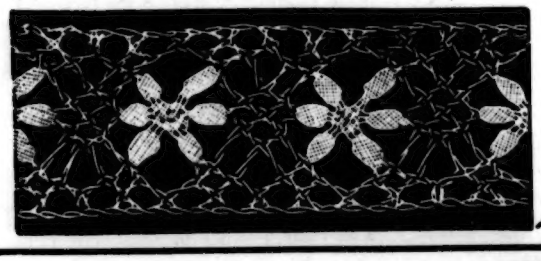
WEAR WHITE THROUGHOUT

SEND FOR FREE SAMPLE TO NEWEY BROS., BIRMINGHAM.

P. & P. **Campbell** Perth Dye Works

"B.B." TORCHONS

An actual reproduction, by a new patented process, of Real Torchon Lace exactly as made by handworkers on the cushion.



All genuine "B.B." Torchons bear the above Regd. Mark embossed on every card.

To be obtained in a variety of styles and widths

From all important Drapers in the United Kingdom.

Mend with **SPIDER MENDING.**

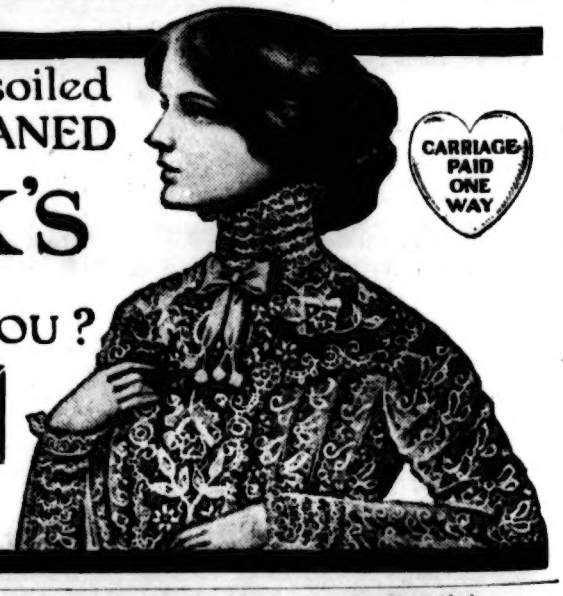
It is worth your while to insist that your draper supplies this.

NONE SO SOFT. NONE SO DURABLE.

Look for the above ***Trade Mark*** *on every Card and Hank.*

I've had MY soiled BLOUSE CLEANED AT **CLARK'S** for 1/3 WHY DONT YOU?

CARRIAGE PAID ONE WAY



Ladies' Garments of every description Cleaned & Dyed. Send at once for our Price List.

CLARK & Co., 7, HALLCROFT RD., RETFORD.

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